


# LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Freshly Made Soup & Home Baked Bread with a selection of seeds & toppers				
MAIN MEAL	 Eat Curious Chilli	Creamy Chicken & Leek Bake	'Toad out of the hole'	Create Your Own Pizza	Fish Bar
MEAT FREE	Sour Cream, Salsa, Guacamole, Cheese	Vegetable Lasagne	Vegetarian Sausages	Pepperoni, Pineapple, Pesto, Mushrooms	Creamy Tomato, Courgette & Ricotta Gnocchi Bake
ON THE SIDE	Wholegrain Rice, Tortilla Chips, Broccoli, Corn on the Cob	50/50 Penne or Spaghetti, Green Beans	Mashed Potato, Peas, Cauliflower Cheese & Gravy	Sweetcorn & Roasted Veg	Chips, Baked Beans, Peas & Mushy peas
DESSERT	Yoghurt Bar Fruit & Oat Toppers	Fruit Salad	Cheese Board	Yoghurt Bar	Autumn Fruit Crumble & Cream
MORNING SNACK	Cheese & Crackers	Croissant	English Breakfast Muffin	Crumpet	Very Berry Blast Fruit Smoothie
AFTERNOON SNACK	Spinach Pesto Pinwheel	Fruit Focaccia	Filled Rolls	Savoury Shortbread	Baked Pretzel


WC 1/9, 22/9, 13/10

# LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Freshly Made Soup & Home Baked Bread with a selection of seeds & toppers				
MAIN MEAL	Macaroni Cheese or Tomato & Basil Pasta	 Chicken Katsu Curry	Roast Pork Loin	Hoi Sin Beef	Fish Friday
MEAT FREE	Mushrooms, Pesto, Peppers, Crispy Onions	Mushroom, Chickpea & Spinach Curry	Leek, Potato & Spinach Crumble	Eat Curious Lemon, Garlic & Honey Stir-fry	Roasted Tomato, Pepper & Mozzarella Gnocchi Bake
ON THE SIDE	Corn on the Cob Broccoli	Wholegrain Rice, Roasted Cauliflower, Savoy Cabbage	Roast Potatoes, Buttered Carrots, Braised Red Cabbage, Gravy & Stuffing	Noodles, Roasted Broccoli, Green Beans	Chips, Peas, Baked Beans & Mushy Peas
DESSERTS	Yoghurt Bar Granola & sauces	Apple & Blackberry Crumble	Sliced Fruit	Rice Pudding	Yoghurt Bar
MORNING SNACK	Bagel	Sausage Roll	Fruit & Oat Smoothie	Tea Loaf	Cheese & Crackers
AFTERNOON SNACK	Power Bar	Savoury Shortbread	Wholemeal Pizza Baguette	Filled Rolls	Fruit Biscuit

WC 8/9, 29/9

# LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	 Freshly Made Soup & Home Baked Bread with a selection of seeds & toppers				
<b>MAIN MEAL</b>	Boost it Eat Curious Coconut Korma	Sweet & Sour Pork	Greek Pastito	Theme Day	Fish Bar
<b>MEAT FREE</b>		Mushroom & Tofu Bao Bun	Mediterranean Roasted Vegetable & Feta Pasta	Theme Day	Mixed Bean Quesadilla
<b>ON THE SIDE</b>	Wholegrain Rice, Nan Bread, Sweetcorn, Roasted Cauliflower & Mango Chutney	Noodles, Roasted Savoy, Broccoli	Green Beans & Buttered Carrots	Theme Day	Fries, Bakes Beans & Peas
<b>DESSERT</b>	Yoghurt Bar & Toppings	Homemade Pancake	Power balls	Theme Day	Sliced Fruit
<b>MORNING SNACK</b>	Fruit Bread	Fruit Shortbread	Frittata	Samosa	Fruit Smoothie
<b>AFTERNOON SNACK</b>	Savoury Shortbread	Pizza Pinwheel	Raisin Biscuit	Filled Wraps	Baked Pretzel

WC 15/9, 6/10