

Fresh fruit is available at all sittings

# 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>	Pasta Bar Meatballs in Tomato Sauce Creamy Cheese & Chive Sauce Smoked Salmon & Pesto Sauce	Teriyaki Chicken Stir Fry	Beef & Vegetable Pie	Lamb Rogan Josh	Fish Friday
<b>MEAT FREE</b>	Mushroom, Garlic & Pepper Stirfry	Homity & Cannellini Bean Pie	Cauliflower & Chickpea Balti	Creamy Tuscan Bean Gnocchi	
<b>ON THE SIDE</b>	50/50 Pasta, Sweetcorn & Cabbage	Noodles, Roasted Cauliflower & Green Beans	Roasted New Potatoes, Peas & Carrots	Rice, Nan Bread, Corn on the cob, Parsnips	Chips, Baked Beans, Peas & Tartare Sauce
<b>DESSERT</b>	Yoghurt Bar Fruit Compote & Granola Toppings	Apple & Pear Crumble & Custard	Sweet Potato Brownie	Scone, Homemade Jam & Cream	Sliced Fruit
<b>MORNING SNACK</b>	Oat & Date Power Bar	Toasted Teacakes	Banana Granola Bar	Date Krispy Roll	Cheese & Crackers
<b>AFTERNOON SNACK</b>	Banana & Chocolate Plait	Crudities, Breadsticks & Dips	Pizza Bread	Filled Rolls	Chocolate Pinwheel

WC 5/1, 26/1

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Freshly Made Soup & Home Baked Bread with a selection of seeds & toppers				
<b>MAIN MEAL</b>	Creamy Chicken Curry	Pizza Bar Pineapple, Pepperoni, Pesto & Crispy Onions	Butchers Pork Sausages	Moroccan Style Lamb Tagine	Fish Bar
	Paneer, Chickpea & Spinach Balti		Glamorgan Vegetarian Sausages	Butternut Squash & Chickpea Tagine	Bean & Cheese Burrito
<b>ON THE SIDE</b>	Rice, Green Beans, Roasted Cauliflower & Nan Bread	Grain Salad, Corn on the Cob & Roasted Root Vegetables	Mashed Potatoes, Carrots, Cabbage & Gravy	Cous Cous, Broccoli & Parsnips	Chips, Baked Beans, Peas
<b>DESSERTS</b>	Yoghurt Bar Fruit Granola & Compotes	Fruit Granola Bar	Jelly & Whipped Cream	Fruit Salad	Manor Cheese Board Celery, Chutneys
<b>MORNING SNACK</b>	Crumpet	Fruit Plait	Cheese & Crackers	Cheese & Bean Focaccia	Pesto Pinwheel
<b>AFTERNOON SNACK</b>	Oat Power Bar	Filled Wraps	Crudities, Tortilla Chips & Dips	Banana Bar	Chocolate Chip Bread

WC 12/1, 2/2

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# 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>	Pasta Bar	Hunters Chicken	Roast Gammon	THEME DAY	Fish Bar
<b>MEAT FREE</b>	Beef Ragu Bean Ratatouille	Aubergine Parmigiana	Squash, Leek & Sage Crumble	THEME DAY	Creamy Spinach & Brie Gnocchi
<b>ON THE SIDE</b>	50/50 Penne or Spaghetti Sweetcorn Broccoli	Mashed Potato, Cauliflower & Green Beans	Roast Potatoes, Carrots & Parsnips, Gravy	THEME DAY	Chips, Bakes Beans, Peas & Tartare Sauce
<b>DESSERT</b>	Yoghurt Bar Fruit Granola or Compote	Banana Granola Bar	Fruit Salad	THEME DAY	Chocolate Rice Pudding
<b>MORNING SNACK</b>	English Breakfast Muffin	Croissant	Cheese & Bean Pinwheel	THEME DAY	Toasted Bagel
<b>AFTERNOON SNACK</b>	Date Krispy Roll	Filled Baguette	Orange & Cranberry Fruit Loaf	THEME DAY	Crudities, Breadsticks & Dips

WC 19/1, 9/2