

Weeks Commencing	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
5 Sep 22 26 Sep 22 17 Oct 22 14 Nov 22 5 Dec 22		Meatless Monday	Old Favourites	Roast Day	International Day	Chip Day
	<b>Main Dish</b>	Cheese & Tomato Pizza	Savoury Minced Beef With Herby Dumplings	Baked Gammon With Pineapple Salsa	Mild Chicken Dhansak	Pollack In Batter
	<b>2nd Dish</b>	Vegetarian Meatballs With Tomato & Vegetable Sauce and Conchiglie Pasta	Vegan Sausages With Gravy	Vegetarian Sausage Toad In The Hole	Farfalle with Green Vegetables and Ciabatta	Onion & Cheddar Quiche
	<b>Pasta Choice</b>	Vegetarian Meatballs With Tomato & Vegetable Sauce and Conchiglie Pasta	Spaghetti with Cheese	Farfalle With Tomato Sauce	Farfalle with Green Vegetables and Ciabatta	Conchiglie with Cheese
	<b>Jacket Potato</b>	Baked Beans & Cheese	Coronation Chicken	Tuna & Cucumber Mayonnaise	Chicken Bacon & Sweetcorn	Baked Beans & Cheese
	<b>Starches</b>	Herby Potato Wedges	Mashed Potatoes	Roast Potatoes	Steamed Basmati Rice	Chips
	<b>Vegetable</b>	Baked Beans Sweetcorn Kernels	Country Mixed Vegetables	Sliced Carrots Roast Parsnips	Cut Green Beans Diced Carrots	Baked Beans Garden Peas
	<b>Extras</b>	Salad Bar Bread	Salad Bar Bread	Salad Bar Bread	Salad Bar Garlic Bread	Salad Bar Bread
	<b>Desserts</b>	Jam Doughnuts	Apple & Black Cherry Goodie With Cream	Banana Custard Pots	Pineapple Upside Down Cake Sponge & Custard	Flapjack
		Jelly Pots	Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots
		Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit
		Yoghurts	Yoghurts	Yoghurts	Yoghurts	Yoghurts
			Jelly Pots	Jelly Pots	Jelly Pots	Jelly Pots

Week Commencing	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
12 Sep 22 3 Oct 22 31 Oct 22 21 Nov 22		Meatless Monday	Old Favourites	Roast Day	International Day	Chip Day
	<b>Main Dish</b>	Penne Arrabiatta	Beef or Cheese Burger in A Burger Bun	Roast Turkey With Sage & Onion Stuffing	Beef Chilli	Fish Fingers
	<b>2nd Dish</b>	Vegetarian Hot Dog With Onions & Ketchup	3 Vegetable Macaroni Cheese	Roast Quorn Joint with Sage & Onion Stuffing	Vegetable Chow Mein With Prawn Crackers	Vegetarian Slice
	<b>Pasta Choice</b>	Penne Arrabiatta	3 Vegetable Macaroni Cheese	Spaghetti With A Creamy Mushroom Sauce	Farfalle With Red Pepper & Tomato Sauce	Tri Colour Fusilli with Cheese
	<b>Jacket Potato</b>	Baked Beans & Cheese	Coronation Chicken	Tuna & Sweetcorn Mayonnaise	Chicken Bacon & Sweetcorn	Baked Beans & Cheese
	<b>Starches</b>	Potato Croquettes	Potato Wedges	Roast Potatoes	Steamed Rice	Chips
	<b>Vegetable</b>	Garden Peas	Baked Beans	Baton Carrots & Swede	Country Mixed Vegetables	Baked Beans
		Spaghetti Hoops	Sweetcorn Kernels	Brussel Sprouts		Garden Peas
	<b>Extras</b>	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
		Garlic Bread	Bread	Bread	Bread	Bread
	<b>Desserts</b>	Ice Cream Roll	Toffee Sponge With Toffee Sauce	Orange Jelly With Mandarins	Rice Pudding & Jam	Lemon Drizzle Cake
		Jelly Pots	Fresh Fruit Pots	Fresh Fruit Pots	Fresh Fruit Pots	Selection Of Fresh Fruit
		Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Yoghurts
		Yoghurts	Yoghurts	Yoghurts	Yoghurts	Jelly Pots
			Jelly Pots	Jelly Pots	Jelly Pots	

Week Commencing	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
19 Sep 22 10 Oct 22 7 Nov 22 28 Nov 22		Meatless Monday	Old Favourites	Roast Day	International Day	Chip Day
	<b>Main Dish</b>	Cheese & Onion Pasty	Tagliatelle Beef Bolognese	Roast Loin Of Pork With Sage & Onion Stuffing	Breaded Chicken with Sweet & Sour Dip	Jumbo Sausage With Ketchup
	<b>2nd Dish</b>	Vegetable Tacos	Vegetarian Shepherds Pie With Sweet Potato Mash	Cheesy Quorn Burger	Vegetable Lasagne	Quorn Fishless Fingers
	<b>Pasta Choice</b>	Penne with Tomato & Mascarpone Sauce	Tagliatelle Beef Bolognese	Conghiglie With Gran Padano, Olive Oil, Garlic and Herbs	Vegetable Lasagne	Cheesy Conchiglie
	<b>Jacket Potato</b>	Baked Beans & Cheese	Coronation Chicken	Tuna Mayonnaise	Chicken Bacon & Sweetcorn	Baked Beans & Cheese
	<b>Starches</b>	Jacket Wedges		Roast Potatoes	Steamed Rice	Chips
	<b>Vegetable</b>	Baked Beans Sweetcorn	Baton Carrots Garden Peas	Diced Carrot & Butternut Squash Shredded Cabbage	Cauliflower Florets Broccoli Florets	Baked Beans Garden Peas
	<b>Extras</b>	Salad Bar Bread	Salad Bar Garlic Bread	Salad Bar Bread	Salad Bar Garlic Bread	Salad Bar Bread
	<b>Desserts</b>	Raspberry Mousse Pots Jelly Pots Selection Of Fresh Fruit Yoghurts	Chocolate Bread & Butter Pudding With Custard Fresh Fruit Pots Selection Of Fresh Fruit Yoghurts Jelly Pots	Chocolate Chip Cookies Fresh Fruit Pots Selection Of Fresh Fruit Yoghurts	Apple & Pear Crumble with Custard Fresh Fruit Pots Selection Of Fresh Fruit Yoghurts Jelly Pots	Fruit & Ice Cream Fresh Fruit Pots Selection Of Fresh Fruit Yoghurts Jelly Pots

Theme Days To Be Held As Follows:

29-Sep-22 World Vegetarian Day Themed Lunch

06-Oct-22 Nepalese Theme

25-Oct-22 Indian Theme Lunch For Diwali

30-Nov-22 Scottish Themed Lunch

14-Dec-22 Christmas Lunch

**Packed Lunch Contents**

Zone 1

1 Round Sandwiches

3 Pack Of Biscuits

A piece of Fruit

A Yoghurt

A small Bottle of Water

Zone 2 & Zone 3

1.5 Rounds of Sandwiches

3 Pack Of Biscuits

A piece of Fruit

A Yoghurt

A small Bottle of Water

**Sandwich Fillings**

Ham

Cheese

Jam

Tuna Mayonnaise