

WEEK 1 - HIGH SCHOOL

<u>DAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>STARTER/ PUDDING</u>	Tomato Soup / Bread / Corn on the Cob with Flora Iced Fruit Sponge / Custard Empire Biscuit Chocolate Brownie Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Lentil Soup / Bread Iced Sponge / Custard Fruit Scones / Jam Shortbread Biscuit Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Sunshine Soup / Bread Apple Pie / Custard Raspberry Muffin Caramel Flan Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Lentil Soup / Bread Tomato & Basil Bruschetta Carrot Cake Flapjack Strawberry Tart Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Vegetable Broth Soup / Bread Chocolate Sponge / Custard Fruit Muffin Banana Loaf Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes
<u>MAIN/ SNACK</u>	Grilled Links/Yorkshire Pudding/Gravy Beef/Cheese Burger Wholemeal Pizzini Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Chicken Tikka Masala Chicken Burger/Salad/Bun Fish Finger Wrap Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Mince Pie Sausage Roll/Beans Chicken Goujon Wrap Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Grilled Salmon with Ginger & Soya Cheese Pizza Fresh Burger Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Breaded Haddock Pie/Beans Chicken Oval Bun Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham
<u>SIDE</u>	Mashed Potatoes	Long Grain Rice Naan Bread	Mashed Potatoes	Noodles	Chips
<u>VEGETABLES</u>	Broccoli	Green Beans	Carrots	Peppers	Peas Baked Beans
<u>SALAD</u>	Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads
<u>DRINKS</u>	Various drinks available	Various drinks available	Various drinks available	Various drinks available	Various drinks available

WEEK 2 - HIGH SCHOOL

<u>DAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>STARTER/ PUDDING</u>	Minestrone Soup / Bread Melon Balls/Boat Fruit Sponge / Custard Empire Biscuit Banana Muffin Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Lentil Soup / Bread Iced Sponge Shortbread Pineapple Tart Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Potato & Leek Soup / Bread Iced Fruit Sponge / Custard Fruit Scones / Jam Lemon Sponge Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Cream of Chicken Soup / Bread Raspberry Sponge / Custard Caramel Flan Strawberry Tart Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Lentil Soup / Bread Blueberry Muffin Iced Sponge Fruit Trifle Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes
<u>MAIN/ SNACK</u>	Macaroni Cheese Sausage Rolls/Beans Chicken Burger/Salad/Bun Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Cajun Chicken Pasta Pepperoni Pizza Salmon Fish Finger Wrap Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Beef Meatballs & Gravy Beef/Cheese Burgers Chicken Goujon Wrap Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Roast Beef & Yorkshire Pudding Chicken Oval Bite Wholemeal Pizzini Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Breaded Haddock Pie & Beans Breaded Chicken Pitta Wrap Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri/Salmon Panini/Toastie - Cheese/ Chicken/Ham
<u>SIDE</u>	Garlic Bread	Penne Pasta	Mashed Potatoes	Mashed Potatoes	Chips
<u>VEGETABLES</u>	Cauliflower	Broccoli	Cabbage	Carrots	Peas
<u>SALAD</u>	Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads
<u>DRINKS</u>	Various drinks available	Various drinks available	Various drinks available	Various drinks available	Various drinks available

WEEK 3 - HIGH SCHOOL

<u>DAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>STARTER/ PUDDING</u>	Lentil Soup / Bread Iced Gingerbread Chocolate Sponge Golden Crispie Custard Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Chicken Broth Soup / Bread Corn on the Cob with Flora Caramel Flan Iced Sponge Fruit Muffin Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Tomato Soup / Bread Tuna Pate & Toast Fruit Sponge / Custard Fruit Slice Strawberry Tart Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Chicken Noodle Soup / Bread Raspberry Sponge / Custard Empire Biscuit Fruit Trifle Carrot Cake Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Lentil Soup / Bread Blueberry Muffin Ice Cream Shortbread Iced Sponge Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes
<u>MAIN/ SNACK</u>	Chicken Curry Cheese/Ham Pizza Sausage Roll/Beans Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Steak Pie Wholemeal Pizzini Sausage Baguette Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Macaroni Beef/Cheese Burger Chicken Oval Bite Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Penne Pasta Bolognese Fish Finger/Salad Finger Roll Chicken Burger Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Breaded Haddock Low Fat Scotch Pie Chicken Pitta Pocket Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham
<u>SIDE</u>	Naan Bread Long Grain Rice	Mash	Garlic Bread	Garlic Bread	Chips
<u>VEGETABLES</u>	Peas	Carrot Turnip	Green Beans	Broccoli	Peas & Sweetcorn Baked Beans
<u>SALAD</u>	Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads
<u>DRINKS</u>	Various drinks available	Various drinks available	Various drinks available	Various drinks available	Various drinks available

WEEK 4 - HIGH SCHOOL

<u>DAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>STARTER/ PUDDING</u>	Tomato Soup / Bread Apple Pie/Custard Shortbread Iced Lemon Sponge Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Chicken Noddle Soup / Bread Salmon Pate with Crackers Raspberry Sponge / Custard Banana Loaf Empire Biscuit Fruit Trifle Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Potato & Leek Soup / Bread Strawberry Tart Fruit Scone Fruity Muffin Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Lentil Soup / Bread Fruit Sponge / Custard Empire Biscuit Fruit Muffin Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes	Tomato & Lentil Soup / Bread Garlic & Cheese Bruschetta Iced Sponge / Custard Carrot Cake Chocolate Biscuit Fruit Jelly Fruit Yoghurt Fruit Tubs - Melon/Fruit Salad/Grapes
<u>MAIN/ SNACK</u>	Chilli Con Carne Chicken Burger/Salad/Bun Pizzini Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Chicken Curry Beef/Cheese Burger Fish Finger Wrap Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Lasagne Sausage Roll Chicken Oval Bite Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Grilled Link Sausages & Gravy Chicken Goujon Wrap Cheese or Ham Pizza Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham	Breaded Haddock Reduced Fat Scotch Pie Fresh Beef Burgers Baked Potatoes - Tuna/Cheese/ Coleslaw Sandwiches/Rolls - Tuna/ Cheese/Ham/Turkey/Salad Subs/Wraps/Ciabatta - Chicken Tikka/BBQ/Piri Piri Salad Boxes - Tuna/Chicken/Ham/Turkey Pasta Tubs - Tuna/Chicken/Tikka/BBQ/Sweet Piri Piri Panini/Toastie - Cheese/ Chicken/Ham
<u>SIDE</u>	Long Grain Rice Pitta Bread	Long Grain Rice Naan Bread	Garlic Bread	Mashed Potatoes	Chips
<u>VEGETABLES</u>	Broccoli	Green Beans	Sweetcorn	Carrots Beans	Peas Beans
<u>SALAD</u>	Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads	Selection of Salads
<u>DRINKS</u>	Various drinks available	Various drinks available	Various drinks available	Various drinks available	Various drinks available