

Week Three SUMMER				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meat Main: Baked Battered Chicken Balls + Sweet & Sour Sauce DF +Plain Chicken Available</p> <p>Vegetarian Main: (V) Battered Quorn Nuggets + Sweet & Sour Sauce (GF Available) Served with Egg Fried Rice Plain White Rice Seasonal Vegetables</p> <p>Alternative to main: Jacket Potato (V/VE/DF) Cheese (VE available) Sausages (vegan sausages available) & Baked Beans</p> <p>Salad Bar –Assorted salads Tuna/Ham/Egg</p> <p>Side: Wholemeal bread roll Gluten free wraps available (V/VE)</p> <p>Dessert: Fresh fruit Salad Pots, Jelly, Custard Fruit Pots , Yoghurts, Fruit Delight Whip Pots (V/GF)</p> <p>Mid-morning snack Cheese portions & Ritz Crackers (GF/DF Available)</p>	<p>Meat Main: Ham & Cheese Frittata (DF/EF Available)</p> <p>Vegetarian Main: Roast Pepper & onion Frittata (Vegan-DF/EF available)</p> <p>Served with: Minted + Buttered New Potatoes Seasonal Vegetables</p> <p>Alternative to main: Jacket Potato (V/VE/DF) Cheese (VE available) Sausages (vegan sausages available) & Baked Beans</p> <p>Salad Bar –Assorted salads Tuna/Ham/Egg</p> <p>Side: Wholemeal bread roll Gluten free wraps available (V/VE)</p> <p>Dessert: Fresh fruit Salad Pots, Jelly, Custard Fruit Pots , Yoghurts, Fruit Delight Whip Pots (V/GF)</p> <p>Mid-morning snack Rice Crackers & Houmous Dip</p>	<p>Meat Main: Pulled Beef Brisket Served in a Flour Bap (GF Bap available)</p> <p>Vegetarian Main: Vegan Pulled Mushrooms Served in a Bap</p> <p>Served with: Diced Roast Potatoes Mini Corn on the Cob Horseradish Mayo Seasonal Vegetables</p> <p>Alternative to main: Jacket Potato (V/VE/DF) Cheese (VE available) Sausages (vegan sausages available) & Baked Beans</p> <p>Salad Bar – Assorted salads (v) Tuna/Ham/Egg</p> <p>Side: Wholemeal bread roll Gluten free wraps available (V/GF)</p> <p>Dessert: Fresh fruit Salad Pots, Jelly, Custard Fruit Pots , Yoghurts, Fruit Delight Whip Pots (V/GF)</p> <p>Mid-morning snack Breadsticks and Cream Cheese (GF DF Available)</p>	<p>Meat Main: Lamb Biryani (Plain Lamb Available)</p> <p>Vegetarian Main: Vegetable Biryani</p> <p>Served with: Naan Bread Pilau Rice + Plain Rice Indian Mini Snack Selection (GF Naan Bread available) Seasonal Vegetables</p> <p>Alternative to main: Jacket Potato (V/VE/DF) Cheese (VE available) Sausages (vegan sausages available) & Baked Beans</p> <p>Salad Bar – Assorted salads Tuna/Ham/Egg</p> <p>Side: Wholemeal bread roll Gluten free wraps available (V/GF)</p> <p>Dessert: Fresh fruit Salad Pots, Jelly, Custard Fruit Pots , Yoghurts, Fruit Delight Whip Pots (V/GF)</p> <p>Mid-morning snack Pizza Swirls & Cheese Puff Pastry Swirls (GF DF Swirls Available)</p>	<p>Meat Main: Baked Battered Jumbo Fish Finger (GF option Available) + Baked Fish Available</p> <p>Vegetarian Main: Vegan Quorn Fishless Fingers (GF available)</p> <p>Served with: Homemade Skin on Chips Seasonal Vegetables</p> <p>Alternative to main: Jacket Potato (V/VE/DF) Cheese (VE available) Sausages (vegan sausages available) & Baked Beans</p> <p>Salad Bar – Assorted salads(v) Tuna/Ham/Egg/Smoked Mackerel Fillets</p> <p>Side: Wholemeal bread roll Gluten free wraps available (V/GF)</p> <p>Dessert : Fresh fruit Salad Pots, Jelly, Custard Fruit Pots , Yoghurts, Fruit Delight Whip Pots (V/GF)</p> <p>Mid-morning snack Chocolate drizzle Flapjacks (GF/DF/V available)</p>

Dairy and gluten free alternatives will be available daily

GF – Gluten Free V – Vegetarian Ve – Vegan