



MONDAY Meat-Free Day	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST Assorted choice of cereals and toast with sugar free jams served daily till 8.30am

Week 1	LUNCH	Pea, Veggie Mince and Mushroom Pasta Bake (S, G)	BBQ Chicken with Potatoes and Roasted Veg (G, M)	Cod, Potato, Spinach Curry with Rice (F, Mi, M)	Creamy Chicken Leek Hot-Pot with Broccoli (Mi)	Haddock with Ratatouille with Pasta (G, F)
	Vegetarian Lunch Alternatives Available					
	TEA	Mixed Veggie Burger with Wedges (E, G, Mi)	Muffin Pizza with Vegetables (Mi, G)	Cheese and Roasted Veg Quesadilla (Mi, G)	Spinach and Tomato Frittata (E, Mi)	Roasted Cauliflower and Potato Soup with Fresh Bread (G, Mi)
Week 2	LUNCH	Pasta Primavera (E, G, Mi)	Chicken Mushroom Stroganoff with Rice (G, M, Mi)	Fish & Pea Fishcakes with Potato Wedges and Spinach (E, F, Mi, S, G)	Chicken Goulash with Cous-Cous (Mi, G)	Salmon and Pea Risotto (C, E, G, F, Mi)
	Vegetarian Lunch Alternatives Available					
	TEA	Cheese and Roasted Veg Flatbread (Mi, G)	Tomato and Roasted Pepper Soup with garlic bread (G, Mi)	Mushroom and Tomato Omelette (E, Mi)	Flatbread Pizza with Vegetables (Mi, G)	Veggie Fingers with Wedges (E, G, Mi)
Week 3	LUNCH	Cheese and Vegetable Pie (C, E, G, Mi)	Pea, Chicken and Mushroom Pasta Bake (G)	Haddock and Salmon Pie with Red cabbage & Summer Beans (F, Mi, G)	Chicken Tagine with Cous-Cous (G, Su)	Steamed Cod in Tomato & Mixed Pepper Sauce with Mash (F, G)
	Vegetarian Lunch Alternatives Available					
	TEA	Crumpet Pizza with Vegetables (Mi, G)	Veggie Nuggets with Wedges (E, G, Mi)	Tortilla Wraps with Cheese and Roasted Vegetables (Mi, G)	Three Bean and Herb Soup with Fresh Bread (G, Mi)	Spanish Cheese Omelette (E, Mi)

Spring Menu 2024

Allergens: Celery (C), Egg (E), Gluten (G), Fish (F), Milk (Mi), Mustard (M), Soya (S), Sulphites (Su)