

## MEAT-FREE MONDAY

### Week One

For weeks commencing  
25/04, 16/05, 20/06, 11/07

Wholemeal margherita pizza **V** or Quorn  
burger bap **V** with crunchy diced potatoes

Falafel wrap with spinach & mango  
chutney **V** or Egg mayo sandwich **V**

Chocolate krispy cake **V**

Local pork sausages or Quorn sausages **V** or  
Vegan sausages **V** with mash

Tuna mayo and cucumber wrap or Ham  
sandwich

Apple and cinnamon muffin

Roast chicken and gravy or Cheese and  
leek parcel or Vegan roast **V** with roast  
potatoes

Ham and lettuce wrap or Tuna mayo  
sandwich

Organic ice-cream

Pasta beef Bolognese or Pasta tomato and  
roasted vegetables **V** with garlic bread

Chicken mayo and lettuce wrap or cheese  
sandwich **V**

Lemon drizzle cake

Fish fingers or Cheese omelette **V** or Vegan  
nuggets **V** with chips and peas or beans **V**

BBQ jackfruit and lettuce wrap **V** or Chicken  
mayo sandwich

Frozen yoghurt smoothie

## ROAST WEDNESDAY

### Week Two

For weeks commencing  
02/05, 23/05, 27/06, 18/07

Mac and cheese **V** or  
Vegan pasta bake **V** with garlic bread

Falafel wrap with spinach & mango  
chutney **V** or Egg mayo sandwich **V**

Apple flapjack **V**

Local home-made beef burger bap or  
Vegan hot dog **V** with potato wedges and  
corn on the cob **V**

Tuna mayo and cucumber wrap or Cheese  
sandwich **V**

Fruits-of-the-forest muffin

Roast turkey and gravy or Yorkshire  
pudding stuffed with roasted vegetables **V**  
or Vegan Roast **V** with roast potatoes

Ham and salad wrap or Tuna mayo  
sandwich

Strawberry jelly and whippy cream **V**

Crispy chicken with plum sauce and  
noodles or Nasigoreng noodles **V** with stir  
fry vegetables

Cheese and salad wrap **V** or Ham  
sandwich

Chocolate surprise brownie

Fish fingers or Margherita wrap **V** or Vegan  
wrap **V** with chips and peas or beans **V**

BBQ jackfruit and lettuce wrap **V** or Chicken  
mayo sandwich

Organic ice-cream

### Week Three

For weeks commencing  
09/05, 13/06, 04/07, 25/07

Wholemeal margherita pizza **V** or Roasted  
vegetable lasagne **V** or Vegan pizza **V** with  
herby diced potatoes

Cheese and salad wrap **V** or  
Egg mayo sandwich **V**

Oat cookie **V**

Meatballs or Veggie balls **V** in tomato sauce  
with spaghetti and crusty bread

Falafel spinach & mango chutney wrap **V** or  
Ham sandwich

Sticky toffee slice

Honey roast ham and gravy or Cauliflower  
and broccoli cheese bake **V** or Vegan roast  
**V** and roast potatoes

BBQ jackfruit and lettuce wrap **V** or Tuna  
mayo sandwich

Organic ice-cream

Pulled BBQ chicken wrap and savoury rice  
or Salmon fishcake and new potatoes **V** or  
Veggie stir fry wrap **V**

Ham and salad wrap or Cheese sandwich

Home-made carrot cake

Fish fingers or Lentil loaf **V** or Vegan nuggets  
**V** with chips and peas or beans **V**

Tuna mayo and cucumber wrap or Chicken  
mayo sandwich

Organic rocket ice lolly **V**

## To go with the main meal ...

### Seasonal vegetables **V**

All vegetables are  
seasonal with the  
exception of peas,  
sweetcorn and baked  
beans

### Jacket Potatoes

Jacket potatoes are  
available as an  
alternative main meal  
with cheese **V**,  
beans **V** or tuna mayo

### Freshly Baked Bread

Freshly baked bread is  
available each day to  
compliment the main  
meal

### Salad Bar

A freshly prepared  
salad bar is available  
daily.

Yogurts and fresh fruit  
are also available daily.

**V** Vegan

**V** Vegetarian

