

WEEK ONE – AUTUMN WINTER

(V) vegetarian option (Ve) vegan option

STAR DISH

MEAT FREE

CRAB & GO

PET 'N' TASTY

WRAP OR SUB

SIDES

TODAY'S DESSERTS

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Mexican Vegetable & Mixed Bean Quesadilla, Warm Nachos (V) 	Chilli Con Carne & Fiesta Rice 	Roast Gammon with Gravy & Roasties 	Paprika Chicken & Sri Lankan Dhal, Steamed Mixed Rice 	Battered Fish & Chips
MEAT FREE	Italian Vegetable & Giant Couscous Stew, Garlic Crostini (Ve) 	Chilli Sin Carne & Fiesta Rice (Ve) 	Roast Quorn, Gravy & Roasties 	Roasted Coriander Sweet Potato, Sri Lankan Dahl & Steamed Mixed Rice 	Cheese & Tomato Pizza & Wedges/Chips
CRAB & GO	Vegan Sausage Roll (Ve) 	Cheesy Meatball Arrabbiata Toasted Baguette 	Brunch Pot 	Crispy Pork or Beef Soft Taco 	Pepperoni Pizza & Wedges/Chips
PET 'N' TASTY	Tomato & Basil Pasta 	Sweet Chilli Chicken Pasta 	Chicken Tikka & Steamed Rice 	Sweet & Sour Chicken Noodles 	Pasta Arrabbiata
WRAP OR SUB		Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka
SIDES	Baked Beans Broccoli Mixed Salad	Baked Beans Fajita Roasted Sweetcorn & Peppers Mixed Salad	Baked Beans Mixed Vegetables Mixed Salad	Baked Beans Garden Salad Sri Lankan Vegetable Salad Wedges	Baked Beans Peas Mixed Salad
TODAY'S DESSERTS	Vanilla & Cherry Cookie Cup	Jam Bun	Ginger Cake & Custard 	Giant Chocolate Cookie	Apple Crumble & Custard

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	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Cheese & Tomato Mac 'n' Cheese (V) 	Pulled Chicken Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa 	Roast Chicken, Crispy Roasties & Gravy 	Thai Yellow Chicken & Vegetable Curry Mixed Rice 	Battered Fish & Chips
MEAT FREE	Buffalo Burrito (Ve) 	Smoky Quorn Rice Bowl, Crispy Baked Tortilla, Lettuce & Salsa (V) 	Roasted Cauliflower Cheese Tart, Crispy Roasties & Gravy 	Thai Yellow Vegetable Curry Mixed Rice (Ve) 	Cheese & Tomato Pizza & Wedges/Chips (V)
GRAB & GO	Dirty Quorn & Cheesy Bean Burger (V) 	Fish Finger Bap & Mayo or Ketchup 	BBQ Chicken Snack Wrap 	Veggie Breakfast Frittata (V) 	Pepperoni Pizza & Wedges/Chips
POT 'N' TASTY	Vegetable Tikka & Mixed Rice 	Beef Bolognese Pasta Pot 	Chicken Jalfrezi & Steamed Rice 	Veggie Pasta Pot 	Tomato & Basil Pasta
RAP OR SUB		Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka
SIDES	Baked Beans Garlic Bread Green Beans Garden Salad	Baked Beans Fajita Roasted Sweetcorn & Peppers Garden Salad	Baked Beans Seasonal Mixed Vegetables Garden Salad	Baked Beans Asian Slaw, Garlic Green Beans Garden Salad	Baked Beans Peas Garden Salad
TODAY'S DESSERTS	Lemon & Blueberry Slice & Custard 	Baked Chocolate Cup	Baked Vanilla Sponge & Custard 	Garden Salad Cornflake Cake	Giant Chocolate Cookie

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	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Spanish Omelette & Pepper & Tomato Sauce & Garlic Bread (V)	Chicken & Vegetable Enchilada, Savoury Rice 	Cottage Pie 	Chicken & Vegetable Korma, Gunpowder Potatoes OR 	Battered Fish & Chips
MEAT FREE	Veggie Bolognese Pasta Bake (V) 	Mexican Vegetable Stew & Baked Tortilla (Ve) 	Classic Mac 'n' Cheese, Cheesy Herb Crumb (V) 	Roasted Cauliflower & Sweet Potato Curry, Gunpowder Potatoes (Ve) 	Cheese & Tomato Pizza & Wedges/Chips (V)
GRAB & GO	Vegetable Cheeseburger (V) 	Pizza Topped Baguette Pepperoni or Margherita (V) 	Halal Chicken Sausage Roll 	BBQ Veggie Melt (V) 	Pepperoni Pizza & Wedges/Chips
PICK 'N' TASTY	Vegetable Tikka Masala & Rice 	Tomato & Basil Pasta Pot 	Sweet & Sour Chicken Noodles 	Pesto Pasta Pot	Beef Bolognese Pasta Pot
WRAP OR SUB		Mediterranean Chicken 	Piri Piri Chicken 	Mediterranean Chicken 	Chicken Tikka
SIDES	Baked Beans Garlic Green Beans Garlic Bread, Garden Salad	Baked Beans Roasted Sweetcorn Wedges, Garden Salad	Seasonal Mixed Vegetables Garden Salad	Baked Beans Steamed Broccoli 	Baked Beans Peas Mixed Salad
TODAY'S DESSERTS	Flapjack 	Marble Chocolate Sponge & Custard 	Jammie Cookie Cup	Iced Orange & Ginger Traybake	Homemade Lemon Drizzle Cake