## Your menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
M	Chicken burger Beef burger or Vegetable burger Served in a bun with fries	Chilli Con Carne Beef Goulash or Vegetarian tacos	Roast of the Day or Cheese and potato pie	Chicken Rogan Josh or Quorn Rogan Josh	Battered fish Pork sausage roll or Vegan sausage roll
A I	and a side of baked beans and coleslaw	Served with rice and vegetables.	Served with creamed potatoes, vegetables, and gravy	Served with rice, vegetables, and naan	Served with chips, peas, and baked beans
N	Iced or cream filled buns Cookie Carrot cake muffin Apple & cinnamon crumble	Iced or cream filled buns Cookie Apple flapjack Coconut and Lime cake	Iced or cream filled buns Cookie Chocolate cracknel Jam shortbread sandwich	Iced or cream filled buns Shortbread slice Banana muffin Sticky chocolate sponge	Iced or cream filled buns Cookie Chocolate brownie Peaches with ice cream
G R	Paninis Cheese Cheese & ham Tuna melt	<b>Paninis</b> Cheese Cheese & ham Tuna melt	Paninis Cheese Cheese & ham Tuna melt	<b>Paninis</b> Cheese Cheese & ham Tuna melt	<b>Paninis</b> Cheese Cheese & ham Tuna melt
A B	Tikka chicken wrap, panini, rice or noodle bowl	Sweet chilli chicken wrap	Roast of the Day in a roll  Piri-Piri chicken wrap	Teriyaki chicken wrap, panini rice or noodle bowl	Fish finger sandwich  BBQ Chicken Wrap
&	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato
G	Pasta bowl	Pasta bowl	Pasta bowl	Pasta bowl	Pasta bowl
0	Pizza Slice	Pizza Slice	Pizza Slice	Pizza Slice	Pizza Slice
	Fresh Salad Bowl	Fresh Salad Bowl	Fresh Salad Bowl	Fresh Salad Bowl	Fresh Salad Bowl
В	<b>Brunch muffin</b> Quorn sausage pattie & poached egg in a muffin	Bacon with cream cheese bagel	Cheese and bean toastie or wrap	Brunch muffin Quorn sausage pattie & poached egg in a muffin	Curry folded naan
R	Bacon Roll	Bacon Roll	Bacon Roll	Bacon Roll	Bacon Roll
Ε	Belgian Waffle	Belgian Waffle	Belgian Waffle	Belgian Waffle	Belgian Waffle
A K	Buttered toast Buttered Bagel	Buttered toast Buttered crumpet	Buttered toast Buttered bagel	Buttered toast Buttered bagel	Buttered toast Croissant
	Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts

All main and Grab & Go menu options are part of the meal deal

Vegan meals are available on request.

For information regarding allergens or any dietary requirement please speak with your school.

