|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| meal | mon | tue | wed | thu | fri | sat | sun |
| lunch |
| main option 1 | mini sausage & onion gravyYorkshire pudding | chicken fajitas | italian meatballsin a tomato sauce | roast pork & apple sauce | crispy battered fish homemade tartar sce | chicken stir fry & noodles | roast turkey with all the trimmings |
| main option 2 | vegetable sausage casserole | quorn vegetable tacos | quorn meatballs | roast vegetable risotto | breaded scampibreaded fish fingers | quorn vegetable wrap |  |
| baked potato bar | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings | baked potatoes & a selection of fillings |  |  |
| pasta bar | cheesy pasta | tomato & basil pasta | creamy leek & cheese pasta |  |  |  |  |
| sides  | mashed potatoesroasted vegetables | rice, sweetcorn | spaghetti green beans, carrots | roast potatoescabbage carrots parsnips | skinny chipsmushy peasgarden peas | noodlesprawn crackersgreen beans | roast potatoesbroccoliparsnips |
| salad bar  | selection of salads | selection of salads | selection of salads | selection of salads | selection of salads | selection of salads | selection of salads |
| soup & bread | mediterranean soupfreshly baked bread | butternut squash soupfreshly baked bread | lentil & bacon soupfreshly baked bread | carrot & ginger soupfreshly baked bread | creamy mushroom freshly baked bread |  |  |
| dessert | eves pudding | strawberry jelly | flap jack tray bake | chocolate cake | ice cream | fruit muffins | cargilfield mess |