

## MENU SUMMARY

## Autumn / Spring Term (September to March)

LUNCH MENU	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Pork & Aubergine Rigatoni	Vegetable Curry (sweet potato, chick pea, spinach) Rice	Turkey & Ham Crumble, potato wedges & broccoli	Beef Lasagne	Herb cream cheese, sourdough crumb topped <b>Salmon</b> , new potatoes, sweetcorn
<b>Week 2</b>	Beef Stroganoff, rice	Tuna pasta bake	Gammon Dauphinoise, peas & sweetcorn	BlackBean & Tofu Chilli, jacket potatoes	Chicken & basil penne
<b>Week 3</b>	Turkey burger pasta bake	Roast Chicken dinner	Macaroni Cheese	Tuscan Salmon with rice	Finest / traditional Pork sausages, or <b>This Isn't Pork</b> sausages, mash & peas with onion gravy
<b>Week 4</b>	Veggie sausage pie, mash & kale	Homemade Beef meatball with pasta	Fish Pie, green beans, mash potato	Chorizo Gnocci	Chicken Thai Green Curry

TEA MENU	Monday	Tuesday	Wednesday	Thursday	Charcuterie Friday!
<b>Week 1</b>	Chicken Sandwiches	Ham Focaccia	Cream Cheese Baguette	Tuna Sandwiches on seeded sliced bread	Cheeses & sliced meat with cracker selection,, cucumber, pickles
<b>Week 2</b>	Herta Hot dogs, organic tomato sauce in white part baked rolls	Sliced chicken on soft rolls	Sardine sandwiches on 4 seed bread	Ham & cheese spread bagels	Cheeses & sliced meat with cracker selection,, cucumber, pickles
<b>Week 3</b>	Houmous & cucumber sandwiches with seeded bread	Tuna tiger baguette	Ham & cheese croissants	Chicken sandwich thins	Cheeses & sliced meat with cracker selection,, cucumber, pickles
<b>Week 4</b>	Pastrami Rolls – soft white	Cheese spread wraps with tzatziki	Chicken focaccia	Ham sandwiches on medium sliced wholemeal	Cheeses & sliced meat with cracker selection,, cucumber, pickles

Please refer to the notes below that shares more detail of the quality of the products we do our best to use in creating our menus