

| Regular Menu Cycle 3                                       |  |  |  |  |   |
|--|--|--|--|--|---|
| Cycle 3 Week 1   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
| Main Lunch Option  |  |  |  |  |   |
| Main Option 1  | Pork Sausage with Mashed Potatoes, Sweetcorn & Gravy       | Beef Bolognese with W/wheat Pasta, Salad & Garlic Bread  | Roast Chicken with Roast Potatoes, Broccoli, Cauliflower, Carrots & Gravy      | Cheese & Onion Whirls with Jacket Wedges & Baked Beans | Bubble Crumb Fish Fillet with Diced Potatoes & Garden Peas            |
| Main Option 2  | Vegetarian Sausage with Mashed Potatoes, Sweetcorn & Gravy | Vegan Bolognese with W/wheat Pasta, Salad & Garlic Bread | Roast Quorn Fillet with Roast Potatoes, Broccoli, Cauliflower, Carrots & Gravy | Vegetable Chilli with Vegetable Rice & Mixed Salad     | Pasta Shapes in Lentil & Tomato Sauce with Crusty Bread & Mixed Salad |
| Sandwich Option 1  | Tuna Mayonnaise with Side Salad                            | Egg Mayonnaise with Side Salad                           | Chicken with Side Salad  | Dairylea with Side Salad                               | Ham with Side Salad   |
| Sandwich Option 2  | Cheese with Side Salad                                     | Ham with Side Salad                                      | Cheese with Side Salad   | Cheese with Side Salad                                 | Cheese with Side Salad  |
| Jacket Potato & Filling                                    | Cheese with Side Salad                                     | Baked Beans with Side Salad                              | Tuna Mayonnaise with Side Salad  | Cheese with Side Salad                                 | Cheese & Baked Beans with Side Salad                                  |
| Bread with no added fat or oil will be available every day |  |  |  |  |   |
| Dessert Option   |  |  |  |  |   |
| Dessert  | Gingerbread Biscuit  | Fruit Muffin   | Fresh Fruit Salad with Ice Cream   | Chocolate Brownie                                      | Organic Fruity Ice Lolly  |
| Fruit Selection  | Fruit Selection  | Fruit Selection  | Fruit Selection  | Fruit Selection  | Fruit Selection   |
| Yoghurt Selection  | Yoghurt Selection  | Yoghurt Selection  | Yoghurt Selection  | Yoghurt Selection                                      | Yoghurt Selection   |
| Cheese with Biscuits & Raisins                             | Cheese with Biscuits & Raisins                             | Cheese with Biscuits & Raisins                           | Cheese with Biscuits & Raisins   | Cheese with Biscuits & Raisins                         | Cheese with Biscuits & Raisins  |

| Regular Menu Cycle 3                                       |  |   |  |   |  |
|--|--|---|--|---|--|
| Cycle 3 Week 2   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
| Main Lunch Option  |  |   |  |   |  |
| Main Option 1  | GF Breaded Chicken Burger in a Bun With Diced Potatoes & Garden Peas | Macaroni Cheese With Crusty Bread & Green Beans       | Pork Meatballs in Tomato Sauce with 50/50 Rice, Broccoli, Cauliflower & Carrots  | Beef Lasagne With Garlic Bread & Mixed Salad      | Fish Fillet Squares with Jacket Wedges & Baked Beans |
| Main Option 2  | No Chicken Burger in a Bun with Diced Potatoes & Garden Peas         | Vegan Sausage Roll with Mashed Potatoes & Green Beans | Quorn Meatballs in Tomato Sauce with 50/50 Rice, Broccoli, Cauliflower & Carrots | Vegetable Lasagne with Garlic Bread & Mixed Salad | Vegetable Fingers With Jacket Wedges & Baked Beans   |
| Sandwich Option 1  | Tuna Mayonnaise with Side Salad                                      | Egg Mayonnaise with Side Salad                        | Chicken with Side Salad  | Dairylea with Side Salad                          | Ham with Side Salad                                  |
| Sandwich Option 2  | Cheese with Side Salad   | Cheese with Side Salad                                | Cheese with Side Salad   | Egg Mayonnaise with Side Salad                    | Cheese with Side Salad                               |
| Jacket Potato & Filling                                    | Cheese with Side Salad   | Baked Beans with Side Salad                           | Tuna Mayonnaise with Side Salad  | Cheese with Side Salad                            | Cheese & Baked Beans with Side Salad                 |
| Bread with no added fat or oil will be available every day |  |   |  |   |  |
| Dessert Option   |  |   |  |   |  |
| Dessert  | Syrup Sponge with Custard  | Fruit Cookie  | Chocolate Ice Cream Roll   | Fruit Jelly with Mandarins                        | Apple Cake   |
| Fruit Selection  | Fruit Selection  | Fruit Selection                                       | Fruit Selection  | Fruit Selection                                   | Fruit Selection                                      |
| Yoghurt Selection  | Yoghurt Selection  | Yoghurt Selection                                     | Yoghurt Selection  | Yoghurt Selection                                 | Yoghurt Selection                                    |
| Cheese and Biscuits  | Cheese with Biscuits & Raisins                                       | Cheese with Biscuits & Raisins                        | Cheese with Biscuits & Raisins   | Cheese with Biscuits & Raisins                    | Cheese with Biscuits & Raisins                       |

| Regular Menu Cycle 3  |   |   |   |   |   |
|---|---|---|---|---|---|
| Cycle 3 Week 3  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
| Main Lunch Option   |   |   |   |   |   |
| Main Option 1   | Beef Burger in a Bun with Diced Potatoes & Baked Beans  | Mild Chicken Curry with 50/50 Rice, Garden Peas & Naan Bread              | Roast Gammon with Roast Potatoes, Carrots, Broccoli & Gravy       | Cheese & Tomato Pizza with Jacket Wedges & Mixed Salad                    | Fish Finger Wrap with Corn on the Cob & Mixed Salad           |
| Main Option 2   | Vegan Burger in a Bun With Diced Potatoes & Baked Beans | Sweet Potato and Chickpea Curry with 50/50 Rice, Garden Peas & Naan Bread | Roast Quorn Fillet with Roast Potatoes, Carrots, Broccoli & Gravy | Pasta in a Roasted Vegetable Tomato Sauce with Crusty Bread & Mixed Salad | Quorn Fishless Finger Wrap with Corn on the Cob & Mixed Salad |
| Sandwich Option 1   | Tuna Mayonnaise with Side Salad                         | Ham with Side Salad   | Chicken with Side Salad   | Egg Mayonnaise with Side Salad  | Ham with Side Salad   |
| Sandwich Option 2   | Cheese with Side Salad                                  | Egg Mayonnaise with Side Salad  | Cheese with Side Salad  | Dairylea with Side Salad  | Cheese with Side Salad  |
| Jacket Potato & Filling                                     | Cheese with Side Salad                                  | Baked Beans with Side Salad   | Tuna Mayonnaise with Side Salad                                   | Cheese with Side Salad  | Cheese & Baked Beans with Side Salad                          |
| Bread with no added fat or oil will be available every day. |   |   |   |   |   |
| Dessert Option  |   |   |   |   |   |
| Dessert   | Banana Cake with Custard                                | Chocolate Cornflake Cookie  | Fruit Flapjack  | Jam Sponge with Custard   | Ice Cream Cones   |
| Fruit Selection   | Fruit Selection   | Fruit Selection   | Fruit Selection   | Fruit Selection   | Fruit Selection   |
| Yoghurt Selection   | Yoghurt Selection                                       | Yoghurt Selection   | Yoghurt Selection   | Yoghurt Selection   | Yoghurt Selection   |
| Cheese and Biscuits   | Cheese with Biscuits & Raisins                          | Cheese with Biscuits & Raisins  | Cheese with Biscuits & Raisins                                    | Cheese with Biscuits & Raisins  | Cheese with Biscuits & Raisins                                |