

Week 1

HOT FOOD COUNTERS

Monday

Soft tacos with Pulled Pork or Beef Chilli (h)

Three bean chilli (v)

Spicy vegetable rice

Tuesday

Herby roast chicken (h)

Roasted vegetable quiche (v)

Roast potatoes

Steamed carrots

Gravy

Wednesday

Buffalo chicken wings (h)

Veggie burgers (v)

Spiced potato wedges

Corn on the cob

Thursday

Giant yorkshire puddings filled with sausages (h) or chicken fillets (h)

Veggie sausages (v)

Mashed potatoes

Carrots

Gravy

Friday

Crispy fish fillets

Breaded vegetable nuggets (v)

Chips

Mushy peas

EXPRESS FOOD COUNTERS

Monday

BBQ chicken (h)

Vegetable chilli (v)

Pasta

Jacket potatoes

Baked beans

Chicken wraps (h)

Tuesday

Katsu chicken (h)

Hoisin quorn stir fry (v)

Rice

Jacket potatoes

Baked beans

Chicken wraps (h)

Wednesday

Spicy sausage (h)

Tomato and mascarpone (v)

Pasta

Jacket potatoes

Baked beans

Chicken wraps (h)

Thursday

Chicken Korma (h)

Quorn Jalfrezi (v)

Rice

Jacket potatoes

Baked beans

Chicken wraps (h)

Friday

Chicken Arribiata (h)

Tomato and basil (v)

Pasta

Jacket potatoes

Baked beans

Chicken wraps (h)

DESSERTS

Monday

Chocolate brownie muffins

Coconut flapjack

Peach and raspberry crumble

Tuesday

Rice crispy cakes

Ginger biscuits

Chocolate sponge

Wednesday

Blueberry muffins

Maryland cookies

Jam and coconut sponge

Thursday

Iced muffins

Caramel cookies

Cornflake tart

Friday

Iced fingers

Jam buttons

Apple and raisin pudding

Week 2

HOT FOOD COUNTERS

Monday

Chicken Tikka masala (h)

Vegetable Jalfrezi (v)

Boiled rice

Naan bread

Tuesday

Creamy chicken and paprika pasta (h)

Tomato and basil pasta bake (v)

Garlic bread

Peas and sweetcorn

Wednesday

Beef and vegetable pie (h)

Cheese pasty (v)

Mashed potatoes

Green beans

Gravy

Thursday

Roast turkey (h)

Cheese quiche (v)

Roast potatoes

Tenderstem broccoli

Gravy

Friday

Chicken fillet burger (h)

BBQ lentil burger (v)

Herby diced potatoes

BBQ beans

EXPRESS FOOD COUNTERS

Monday

Peperonata (h)

Arrabiata (v)

Pasta

Jacket potatoes

Baked beans

Chicken wraps (h)

Tuesday

Chilli con carne (h)

Quorn chilli (v)

Rice

Jacket potatoes

Baked beans

Chicken wraps (h)

Wednesday

Firecracker chicken (h)

Vegetable bolognese (v)

Pasta

Jacket potatoes

Baked beans

Chicken wraps (h)

Thursday

Sweet chilli chicken (h)

Zingy peppers (v)

Rice

Jacket potatoes

Baked beans

Chicken wraps (h)

Friday

Italian pork meatballs

Pomodoro (v)

Pasta

Jacket potatoes

Baked beans

Chicken wraps (h)

DESSERTS

Monday

Blueberry muffins

Banana flapjack

Bakewell tart

Tuesday

Chocolate brownie muffins

Coconut muffins

Apple crumble

Wednesday

Cornflake cakes

Jam buttons

Syrup sponge

Thursday

Jam slice

Oaty cookies

Chocolate sponge

Friday

Iced fingers

Maryland cookies

Rhubarb crumble

Week 3

HOT FOOD COUNTERS

Monday

Buffalo chicken wings (h)

Stuffed peppers (v)

Potato wedges

Corn on the cob

Tuesday

Beef lasagne (h)

Macaroni cheese (v)

Garlic bread

Tenderstem broccoli

Wednesday

Honey chilli chicken (h)

Salt and pepper strips (v)

Golden rice

Vegetable stir fry

Thursday

Cottage pie (h)

Vegan sausage rolls (v)

Roast potatoes

Carrots and peas

Gravy

Friday

Chicken korma (h)

Halloumi Madras (v)

Wholemeal rice

Naan bread

Onion bhajis

EXPRESS FOOD COUNTERS

Monday

Chicken Italiano (h)

Arrabiata (v)

Pasta

Jacket potatoes

Baked beans

Chicken wraps (h)

Tuesday

Sweet and sour chicken (h)

Quorn in black bean sauce (v)

Rice

Jacket potatoes

Baked beans

Chicken wraps (h)

Wednesday

Beef bolognaise (h)

Tomato and mascarpone (v)

Pasta

Jacket potatoes

Baked beans

Chicken wraps (h)

Thursday

Chicken Jalfrezi (h)

Mushroom Bhuna (v)

Rice

Jacket potatoes

Baked beans

Chicken wraps (h)

Friday

Spicy pork meatballs (h)

Tomato and basil (v)

Pasta

Jacket potatoes

Baked beans

Chicken wraps (h)

DESSERTS

Monday

Chocolate muffins

Flapjack

Iced lemon sponge

Tuesday

Iced muffins

Maryland cookies

Cornflake tart

Wednesday

Marshmallow crispy cakes

Ginger biscuits

Apple pie

Thursday

Raspberry meringue muffins

Jam buttons

Chocolate sponge

Friday

Iced fingers

Caramel cookies

Carrot cake