



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Hot Meal Of The Day	Freshly baked potato with Beef chilli con carne & cheese, fruit & juice (G/F)	Chicken Italian pasta, topped with cheese, fruit & juice (G/F)	Roast pork, roast potatoes, seasonal vegetables, fruit & juice (G/F)	Gun powder chicken, peanut & chilli steamed rice, fruit & juice (G/F)	Fish, chips & peas, fruit & juice
Option 2 Vegetarian Option	Freshly baked potato with beans & cheese, fruit & juice (G/F)	Tomato & basil pasta topped with cheese, fruit & juice (G/F)	Sweet potato & chick pea tagine, Moroccan rice, fruit & juice (G/F)	Quorn sausage jambalaya, steamed rice, fruit & juice (G/F)	Tomato ravioli, cheese topping, fruit & juice
Option 3 Vegan Option	Freshly baked potato with beans & vegan cheese, fruit & juice	Tomato & basil pasta topped with vegan cheese, fruit & juice	Sweet potato & chick pea tagine, Moroccan rice, fruit & juice (G/F)	Aubergine jambalaya, steamed rice, fruit & juice (G/F)	Tomato & vegan cheese pizza, chips, fruit & juice (G/F)
Option 4 Chilled Option	Egg mayo & cress sandwich, crisps, fruit & juice	Baked ham, cheese & pesto spinach ciabatta, crisps, fruit & juice	Tuna mayo & spinach baguette, crisps, fruit & juice	Cold meat salad, homemade coleslaw, fresh baked roll, fruit & juice (G/F)	Ham, pickle & tomato sandwich, fruit & juice
Trolley Days Selection of drinks, snacks & fruit					
Break Trolley 11.10am	Year 7	Year 8	Year 9	Year 10	Year 11
Lunch Trolley 2.10pm	Year 9	Year 10	Year 11	Year 7	Year 8