

## Week 1 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta Bolognaise	Barbeque Chicken	Chicken Curry	Roast Loin of Pork	Battered Fish Fillet, Fish Fingers or Sausages
Meat Free Course	Vegetable Bolognaise	Roasted Barbeque Vegetables and Saute Potatoes	Sweet Potato and Vegetable Curry	Parmesan & Roquette Risotto	Fishless Fingers
On the Side	Garlic Bread, Green Beans, Roasted Vegetables	Peas and Sweetcorn	Naan Bread, Rice, Mango Chutney, Mixed Vegetables	Roast Potatoes, Gravy, Carrots & Broccoli	Chips & Peas
Every Day	Salad Bar				
	Jacket potato, bread & butter				
	Fresh cut fruit & yogurt				
Dessert	Artic Roll, Fresh Fruit, Jelly & Yoghurt	Fresh Fruit, Jelly & Yoghurt	Fruit Crumble	Chocolate Pots, Fresh Fruit, Jelly & Yoghurt	Fruit Pots, Yoghurt & Jelly

# Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta with Tomato Sauce	Sausage and Mash with Gravy	Sweet & Sour Pork	Roast Turkey	Battered Fish Fillet, Fish Fingers
Meat Free Course	Macaroni Cheese	Vegetarian Sausages	Sweet & Sour	Mushroom & Chickpea Casserole	Vegetable Frittata
On the Side	Garlic Bread, Roasted Vegetables and Sweetcorn	Diced Carrot and Peas	Spring Rolls, Prawn Crackers, Noodles, Sugar Snaps, Mange Tout	Roast Potatoes, Yorkshire Pudding, Broccoli, Green Beans	Chips & Peas
Every Day	Salad Bar				
	Jacket potato, bread & butter				
	Fresh cut fruit & yogurt				
Dessert	Pancakes, Fresh Fruit, Jelly, Yoghurt	Fruit Pots, Yoghurt, Jelly	Rice Pudding, Fresh Fruit, Yoghurt, Jelly	Ice Cream Pots, Fresh Fruit, Jelly, Yoghurt	Fruit Pots, Yoghurt & Jelly

# Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta, Pesto Cream Sauce	Beef Burger or Chicken Burger	Cottage Pie	Honey Roast Gammon	Battered Fish Fillet, Fish Fingers or Sausages
Meat Free Course	Vegetable Pasta Bake	Vegetable Burger	Garden Cottage Pie	Stuffed Peppers	Quiche
On the Side	Garlic Bread, Carrots and Sweetcorn	Burger Bun, Chips, Lettuce, Tomato and Relish	Cabbage and Green Beans	Yorkshire Pudding, Roast Potatoes, Gravy, Broccoli & Green Beans	Chips & Peas
Every Day	Salad Bar				
	Jacket potato, bread & butter				
	Fresh cut fruit & yogurt				
Dessert	Waffles, Fresh Fruit and Yoghurt	Fruit Pots, Yoghurt & Jelly	Pennthorpe Mess	Chocolate Sponge and Custard	Fruit Pots, Yoghurt & Jelly