

COMING THIS TERM

“Bean” around the World Tasting
Table Thursday 29th January

Chinese New Year Festival
Celebrations Friday 27th February

National Pizza Day
Monday 9th Feb

Peter Pan Themed World Book Day
Thursday 5th March

Valentines Day
Friday 13th February

Easter Theme Day Thursday 26th
March

Week beginning:
Monday 5th January
Monday 26th January

LUNCH

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITÉ'S, SMOOTHIES & SALADS	Smoothie Bar	Roasted butternut, rocket & feta salad	Tomato & Basil soup with freshly baked bread	Cucumber, carrots & sweetcorn	Honey mustard Broccoli salad
MAIN MEAL	Baked gnocchi with a roasted tomato, red lentil & pesto sauce Or Jacket potato with a choice of tuna & sweetcorn, baked beans & mature British cheddar cheese	Spaghetti with pork meatballs marinated in a rich Italian tomato & basil sauce with added plant proteins Moving Mountains vegan meatballs in a rich Italian tomato & basil sauce	Beef Chilli con carne Eat-curious plant based mince, chickpea & bean chilli	Lemon & garlic grilled chicken Panko coated grilled halloumi & roasted vegetables	Birdseye omega 3 pollock fishfingers Or BBQ chicken drumsticks Moving Mountains fishless fingers
ON THE SIDE	Garlic bread Steamed garden peas & roasted butternut	Spaghetti Steamed broccoli & carrots	Brown rice Taco chips Sweetcorn salsa Guacamole & sour cream	Roasted new potatoes Gravy Yorkshire pudding Steamed Carrots & green beans	Chunky chips Mushy peas or homemade Louisiana baked beans
JACKET/PASTA	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese or tuna & sweetcorn	Jacket Potato with baked beans, mature cheddar cheese or Chilli con carne	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese
DESSERT	Selection of ice creams	Fresh fruit, yoghurt & smoothie bar	Seasonal British apple, pear & Rhubarb crumble with custard	Black bean & chickpea chocolate brownie	Boost-it flapjack
Everyday	SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY & YOGHURT				

Week beginning:
Monday 12th January
Monday 2nd February

LUNCH

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITE'S, SMOOTHIES & SALADS	Tomato & basil soup with homemade focaccia	Honey & mustard broccoli salad	Rainbow sambals (cucumber, tomato, carrot salad) Tandoori roasted cauliflower & chickpea salad	Spinach pesto & sunflower seed pasta salad	Carrot sticks, cucumber and cherry tomatoes
MAIN MEAL	Macaroni & cheese topped with a mature British cheddar crust or Farfalle pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Traditional British pork or chicken sausages	Chicken Tikka Masala	Classic Italian beef, lentil & vegetable bolognaise	MSC certified pollock fishfingers Or MSC Certified Roasted Salmon
MAIN MEAL		Quorn Best of British sausages	Sweet potato, lentil & chickpea curry	Spiced Eat Curious plant based mince, lentil & vegetable Bolognase	Moving Mountains vegan fishless fingers
ON THE SIDE	Sweet potato wedges Sweetcorn & broccoli	Creamy mashed potato Sticky baked carrots & garden peas Rich gravy	Mango chutney Basmati rice Naan Indian Saag made with spinach	Spaghetti Garlic bread Sweetcorn & carrots	Chunky chips Mushy peas or baked beans
JACKET/PASTA	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & cheddar cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese	Jacket potato with baked beans & cheese
DESSERT	Selection of ice-creams	Fresh fruit, yoghurt & smoothie bar	Chocolate chip cookie	Italian Tiramisu	Traditional British Sticky Toffee pudding with custard
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY & YOGHURT				

Week beginning:
Monday 19th January
Monday 9th February

LUNCH

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITÉ'S, SMOOTHIES & SALADS	Tomato & basil soup with homemade focaccia	Roasted butternut & green bean salad	Honey mustard broccoli salad	Soy & ginger noodles, cherry tomatoes, cumber & carrots	Roasted kale, sunflower seed & parmesan salad
MAIN MEAL	Cheesy margarita pizza with a lentil & chickpea tomato base	Taco Tuesday Fajita spiced Chicken strips With rainbow peppers	Ginger & soy marinated beef & stir-fried vegetables	Lemon & Thyme marinated roasted Chicken thigh	Birdseye omega 3 pollock fishfingers Or Homemade battered cod
MAIN MEAL	Eat-Curious plant based protein & vegetable Keema pie	Fajita spiced vegan strips with rainbow peppers	Eat-curious plant based protein & vegetable stir-fry	Vegetable Roast	Moving mountains fishless fingers
ON THE SIDE	Steamed green beans & baked butternut squash	Steamed rice Guacamole & sour cream Broccoli & sweetcorn Soft tortilla wrap	Egg noodles Stir-fried pak choi, carrots, peppers & beansprouts	Crispy Roast Potatoes Yorkshire pudding Braised Kale, Carrots & sweetcorn	Chunky chips Mushy peas or baked beans
JACKET/PASTA	Jacket potato with a choice of tuna & sweetcorn or baked beans and mature cheddar cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & Mozzarella cheese	Jacket potato with a choice of tuna & sweetcorn, baked beans & mature British cheddar cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese
DESSERT	Selection of ice creams	Fresh fruit, yoghurt & smoothie bar	Boost-it carrot cake	Blueberry or chocolate muffins	Traditional South African Malva pudding with custard
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY & YOGHURT				