















WEEK 3 MENU

Week Commencing
20/09, 11/10, 08/11, 29/11



	Monday	Tuesday	Wednesday	Thursday	Friday
	STREET FOOD DAY	PLANET EARTH DAY	ORIGINALS DAY	WORLD FOOD DAY Asian	FRIDAY FAVOURITES
MAIN 1	BBQ Chicken Thigh 	Lentil & Vegetable Cottage Pie  	Roast Chicken	Stir Fry Beef Strips with Black Bean Sauce	Fingers Salmon Fish Fingers
Main 2	Cheese & Broccoli Flan 	Halloumi and Vegetable Kebab Served on Flat Tortilla 	Quorn Roast 	Chinese Noodles with Vegetables & Soya Beans  	Quorn Hot Dog Roll 
Carbohydrates	Half Jacket Potato or Wholemeal Penne Pasta 	Mashed Potatoes or Wholemeal Penne Pasta 	Roast Potatoes or Penne Pasta 	Boiled White and Brown Rice or Penne Pasta 	Oven Baked Chips
Vegetables	Broccoli Florets Mixed Bean Salad	Fresh Glazed Carrots Green Beans	Savoy Cabbage Roasted Vegetables	Green Beans Sweetcorn	Garden Peas Baked Beans 
Desserts	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges	Lemon Curd Meringue Pizza Slice

AVAILABLE DAILY: Jacket potatoes baked onsite with a daily choice of two toppings - Seasonal cut fruits - Mixed salad bar - Freshly baked breads (white or wholemeal)



Future 50 Contains one or more of the top 50 most sustainable foods in the world!



Vegetarian



Vegan



Organic

For allergen content please speak to member of staff who will be happy to assist



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