

Week Commencing: 24.9.2018 – 24<sup>th</sup> September 2018

<i>Day</i>	<i>Breakfast</i>	<i>Soup</i>	<i>Midday Meal</i>	<i>Tea</i>	<i>Supper</i>
<b>Monday</b>		Carrot and coriander (v)	Lamb Balti, rice, poppadums, broccoli, baby sweetcorn Quorn sausage toad in the hole (v) Berry Eton Mess	Meatballs, tomato sauce, spaghetti and garlic bread Victoria sandwich cake with buttercream	Toast and drinks
<b>Tuesday</b>	Cereals Cheese and bacon muffins Scrambled eggs and beans Yoghurt and fruit juice	Vegetable (v)	Pasta Bolognese and garlic bread Tuna pasta bake Rice pudding and fruit compote	Fish pie, peas and carrots Mars bar krispies	Toast and drinks
<b>Wednesday</b>	Cereals Eggy bread Scrambled eggs and beans Yoghurts and fruit juice	Spicy parsnip (v)	Roast pork, roast potatoes, carrots, cabbage and apple sauce Aubergine tagine (v) Chocolate tart and cream	Make your own chicken fajitas, sour cream, guacamole, salsa with a platter of peppers, onions, carrots and tomato Cherry crumble and ice cream	Toast and drinks
<b>Thursday</b>	Cereals Hash browns Fried eggs and beans Yoghurts and fruit juice	Sweet potato and butternut squash (v)	Chicken lasagne, roasted vegetables and green beans Lentil curry and rice (v) Tottenham cake	Sausages, wedges and beans Flapjack	Toast and drinks
<b>Friday</b>	Cereals Full English Yoghurts and fruit juice		Fish and chips Salmon fishcakes Lemon drizzle cake		Toast and drinks

Meals will be served with Seasonal Vegetables, Salad Bar, Fresh Fruit & Yogurt.

Home-made soup with fresh baked bread served at lunchtime.

(g) gluten free (v) vegetarian (d) dairy free