

THE FOOD EXPLORERS

Main Meal



OPTION 1

OPTION 2

HALAL

Veggies



Pasta



Sandwiches



Sweet Treats



Monday

Tuesday

Wednesday

Thursday

Friday

Cheesy bean pasta bake



5 bean chilli with Mexican rice



Vegetable sausages with roast potatoes & gravy



Fajita roasted vegetable pizza with oven baked wedges



Vegetable nuggets, chips & tomato ketchup



Fajita chicken pizza with oven baked wedges

Beef bolognaise with penne pasta



Roast gammon with roast potatoes & gravy

Chicken wrap with Mexican rice



Fish fingers, chips & tomato ketchup

Halal fajita chicken pizza with oven baked wedges

Halal beef bolognaise with penne pasta



Halal roast chicken breast with roast potatoes & gravy

Halal chicken wrap with Mexican rice



Halal fish fingers, chips & tomato ketchup

Green beans & sweetcorn



Broccoli



Broccoli & roasted carrot



Rainbow vegetables



Baked beans



Penne pasta with house tomato sauce



Penne pasta with a creamy cheese sauce



Penne pasta with house tomato sauce



Penne pasta with a creamy cheese sauce



Penne pasta with house tomato sauce



Ham Cheese or Tuna mayo

Ham Cheese or Tuna mayo

Ham Cheese or Tuna mayo

Ham Cheese or Tuna mayo

Cheese or Tuna mayo

Lemon shortbread



Fruit crumble & custard



Chocolate & banana brownie sponge



Sliced fruit selection



Chocolate shortbread



Available Every Day -

Crunchy Colourful Salad Bar

Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans

A choice of Fruit, Jelly or Yoghurt

KEY

Vegan



Vegetarian



Wholegrain



Added Chickpeas



Added Lentils



Made with Pea Protein



Nutritionist's Choice



THE FOOD EXPLORERS

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal



OPTION 1

OPTION 2

HALAL

Veggies



Pasta



Sandwiches



Sweet Treats



Cheese & tomato pizza with oven baked wedges



Sweet chilli salmon melt with oven baked wedges

Halal sweet chilli salmon melt with oven baked wedges

Peas



Penne pasta with house tomato sauce



Ham Cheese or Tuna mayo

Rice pudding with peaches



Cheesy cauliflower pasta bake



Chicken katsu with rice



Halal chicken katsu with rice



Rainbow vegetables



Penne pasta with a creamy cheese sauce



Ham Cheese or Tuna mayo

Apple pie with custard



Smokey BBQ pieces & rice



All day breakfast, with pork sausages

Halal all day breakfast, with chicken sausages (in a beef casing)

Baked beans



Penne pasta with house tomato sauce



Ham Cheese or Tuna mayo

Chocolate sponge & custard



Veggie all day breakfast



Chicken & tomato pasta bake



Halal chicken & tomato pasta bake



Crudites and salad bar selection



Penne pasta with a creamy cheese sauce



Ham Cheese or Tuna mayo

Watermelon wedge



Quorn dippers, chips & tomato ketchup



Fish & chips with tomato ketchup

Halal fish & chips with tomato ketchup

Baked beans



Penne pasta with house tomato sauce



Cheese or Tuna mayo

Fruity flapjack



Available Every Day -

Crunchy Colourful Salad Bar
Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans
A choice of Fruit, Jelly or Yoghurt

KEY

Vegan



Vegetarian



Wholegrain



Added Chickpeas



Added Lentils



Made with Pea Protein



Nutritionist's Choice



THE FOOD EXPLORERS

Main Meal



OPTION 1

OPTION 2

HALAL

Veggies



Pasta



Sandwiches



Sweet Treats



Monday

Tuesday

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Thursday

Friday

Cauliflower & chickpea korma with rice



Mixed bean bolognaise with penne pasta



Vegetable pastry with roast potatoes & gravy



Vegetable sausages with mashed potatoes & gravy



Vegan sausage roll, chips & tomato ketchup



Beef bolognaise with penne pasta



Pork sausages with mashed potatoes & gravy

Roast chicken breast, roast potatoes & gravy

Chicken korma with rice



Fish fingers, chips & tomato ketchup

Halal beef bolognaise with penne pasta



Halal chicken sausages (in a beef casing) with mashed potatoes & gravy

Halal roast chicken breast, roast potatoes & gravy

Halal chicken korma with rice



Halal fish fingers, chips & tomato ketchup

Green beans & sweetcorn



Peas & carrots



Broccoli & roasted carrots



Tomato, cucumber & carrot salad



Baked beans



Penne pasta with house tomato sauce



Penne pasta with a creamy cheese sauce



Penne pasta with house tomato sauce



Penne pasta with a creamy cheese sauce



Penne pasta with house tomato sauce



Ham Cheese or Tuna mayo

Ham Cheese or Tuna mayo

Ham Cheese or Tuna mayo

Ham Cheese or Tuna mayo

Cheese or Tuna mayo

Lemon shortbread



Orchard crumble with custard



Raspberry jelly & mandarins



Chocolate & orange brownie



Sliced fruit selection



Available Every Day -

Crunchy Colourful Salad Bar

Jacket Potato with Cheese, Beans, Tuna Mayonnaise or Cheese & Beans

A choice of Fruit, Jelly or Yoghurt

KEY

Vegan



Vegetarian



Wholegrain



Added Chickpeas



Added Lentils



Made with Pea Protein



Nutritionist's Choice

