

**Cycle 1**

<b>Item/Day</b>	<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
<b>Main Option</b>	Tomato hidden vegetables Pasta Bake		Fish Goujons and Chips		Individually portioned yorkshire pudding with Roast Beef, Roast Potatoes, Vegetable and seperate Gravy		Battered Chicken Chunks, Noodles and Chinese Curry Sauce Seperate		Homemade Wholewheat Cheese and Tomato Pizza	
					04-Jan		05-Jan		06-Jan	
	23-Jan		24-Jan		25-Jan		26-Jan		27-Jan	
	13-Feb		14-Feb		15-Feb		16-Feb		17-Feb	
<b>Vegetarian option</b>	Tomato hidden vegetables Pasta Bake		Vegetable goujons and chips		Vegetable bake Yorkshire pudding potatoes vegetables and gravy		Quorn battered chunks, Noodles and Chinese Curry Sauce separate		Homemade Wholewheat Cheese and Tomato Pizza	
					04-Jan		05-Jan		06-Jan	
	23-Jan		24-Jan		25-Jan		26-Jan		27-Jan	
	13-Feb		14-Feb		15-Feb		16-Feb		17-Feb	
<b>Side</b>	Broccoli		Peas		Carrot Batons		Sweetcorn		Salad	
<b>Or Lunch box option comes with Sandwich and SOUP (v) with fruit and dessert</b>	Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich	
					04-Jan		05-Jan		06-Jan	
	23-Jan		24-Jan		25-Jan		26-Jan		27-Jan	
		13-Feb		14-Feb		15-Feb		16-Feb		17-Feb
	Best of both bread Ham Sandwich		Best of both bread Ham Sandwich		Best of both bread Ham Sandwich		Best of both bread Ham Sandwich		Best of both bread Ham Sandwich	
					04-Jan		05-Jan		06-Jan	
	23-Jan		24-Jan		25-Jan		26-Jan		27-Jan	
		13-Feb		14-Feb		15-Feb		16-Feb		17-Feb
	Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich	
					04-Jan		05-Jan		06-Jan	
	23-Jan		24-Jan		25-Jan		26-Jan		27-Jan	
		13-Feb		14-Feb		15-Feb		16-Feb		17-Feb
Best of both bread Jam Sandwich		Best of both bread Jam Sandwich		Best of both bread Jam Sandwich		Best of both bread Jam Sandwich		Best of both bread Jam Sandwich		
				04-Jan		05-Jan		06-Jan		
23-Jan		24-Jan		25-Jan		26-Jan		27-Jan		
	13-Feb		14-Feb		15-Feb		16-Feb		17-Feb	
<b>Fruit for all Meal Options</b>	Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit	
<b>Dessert for all meal options</b>	Yoghurt		Fruit Mousse		Flapjack		Yoghurt		Artic Roll	

All Dietary and Religious Requirements Catered for.

**Cycle 2**

<b>Item/Day</b>	<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
<b>Main Option</b>	Chicken goujons, wrap and grated cheese		Homemade Beef and potato Pie Slice		Individually portioned yorkshire pudding with Turkey, Roast Potatoes, Vegetable and seperate Gravy		Macaroni Cheese		Plumgarths Pork Sausage with chips	
	09-Jan		10-Jan		11-Jan		12-Jan		13-Jan	
	30-Jan		31-Jan		01-Feb		02-Feb		03-Feb	
<b>Vegetarian option</b>	Vegetable goujons wrap and grated cheese		Homemade cheese and potato pie		Vegetable bake Yorkshire pudding vegetables and potatoes with gravy		Macaroni Cheese		Quorn sausage with chips	
	09-Jan		10-Jan		11-Jan		12-Jan		13-Jan	
	30-Jan		31-Jan		01-Feb		02-Feb		03-Feb	
<b>Side</b>	Salad Bar		Carrots		Peas		Sweetcorn		Beans	
<b>Or Lunch box option comes with Sandwich and SOUP (v) with fruit and dessert</b>	Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich	
	09-Jan		10-Jan		11-Jan		12-Jan		13-Jan	
	30-Jan		31-Jan		01-Feb		02-Feb		03-Feb	
	Best of both bread Ham Sandwich		Best of both bread Ham Sandwich		Best of both bread Ham Sandwich		Best of both bread Ham Sandwich		Best of both bread Ham Sandwich	
	09-Jan		10-Jan		11-Jan		12-Jan		13-Jan	
	30-Jan		31-Jan		01-Feb		02-Feb		03-Feb	
	Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich	
	09-Jan		10-Jan		11-Jan		12-Jan		13-Jan	
	30-Jan		31-Jan		01-Feb		02-Feb		03-Feb	
	Best of both bread Jam Sandwich		Best of both bread Jam Sandwich		Best of both bread Jam Sandwich		Best of both bread Jam Sandwich		Best of both bread Jam Sandwich	
	09-Jan		10-Jan		11-Jan		12-Jan		13-Jan	
	30-Jan		31-Jan		01-Feb		02-Feb		03-Feb	
<b>Fruit for all Meal Options</b>	Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit	
<b>Dessert for all meal options</b>	Yoghurt		Fruit Mousse		Lemon Drizzle Cake		Yoghurt		Vanilla Ice cream pot	

All Dietary and Religious Requirements Catered for.

**Cycle 3**

<b>Item/Day</b>	<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
<b>Main Option</b>	Hot Sausage Roll with wedge potatoes		Chicken goujons, wrap and grated cheese		Individually portioned yorkshire pudding with Sliced Gammon, Roast Potatoes, Vegetable and seperate Gravy		Homemade Cheese and Tomato Pizza		Battered Cod and Chips	
	16-Jan		17-Jan		18-Jan		19-Jan		20-Jan	
	06-Feb		07-Feb		08-Feb		09-Feb		10-Feb	
<b>Vegetarian Option</b>	Meat free sausage roll with wedges		Vegetable goujons wrap and grated cheese		Vegetarian bake in Yorkshire pudding with potatoes vegetarian gravy and vegetable		Homemade Cheese and Tomato Pizza		Vegetable Sausages and chips	
	16-Jan		17-Jan		18-Jan		19-Jan		20-Jan	
	06-Feb		07-Feb		08-Feb		09-Feb		10-Feb	
<b>Side</b>	Spaghetti Hoops		Salad Bar		Carrot Batons		Beans		Peas	
<b>Or Lunch box option comes with Sandwich and Soup (v) with fruit and dessert</b>	Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich		Best of both bread Cheese Sandwich	
	16-Jan		17-Jan		18-Jan		19-Jan		20-Jan	
	06-Feb		07-Feb		08-Feb		09-Feb		10-Feb	
	Best of both bread Ham Sandwich		Best of both bread Ham Sandwich		Best of both bread Ham Sandwich		Best of both bread Ham Sandwich		Best of both bread Ham Sandwich	
	16-Jan		17-Jan		18-Jan		19-Jan		20-Jan	
	06-Feb		07-Feb		08-Feb		09-Feb		10-Feb	
	Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich		Best of both bread Tuna Sandwich	
	16-Jan		17-Jan		18-Jan		19-Jan		20-Jan	
	06-Feb		07-Feb		08-Feb		09-Feb		10-Feb	
	Best of both bread Jam Sandwich		Best of both bread Jam Sandwich		Best of both bread Jam Sandwich		Best of both bread Jam Sandwich		Best of both bread Jam Sandwich	
	16-Jan		17-Jan		18-Jan		19-Jan		20-Jan	
	06-Feb		07-Feb		08-Feb		09-Feb		10-Feb	
<b>Fruit for all Meal Options</b>	Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit	
<b>Dessert for all meal options</b>	Yoghurt		Apple Crumble and Custard		Ginger cake		Ice Cream Pot		Yoghurt	