**Week 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***Burger Day***  Choose from a butchers quality beef burger or vegetarian burger, baked in the oven and served on a bun with potato wedges | ***Bacon Mac & Cheese***  Macaroni pasta mixed with a cheese sauce topped with bacon and cheese, baked in the oven until golden | ***Roast Dinner***  Choose from either home roasted joint of pork or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy | ***Chicken Pie***  Pieces of fresh chicken cooked with sweetcorn in a creamy sauce then topped with pastry and baked in the oven served with mashed potato and gravy | ***Fish ‘Fry-day’***  Choose from a battered cod fillet or breaded cod fillet fingers all baked in the oven & served with chips |
| ***Or*** | ***Or*** |
| ***Macaroni Cheese***  Macaroni pasta mixed with a cheese sauce topped with cheese, baked in the oven until golden | ***Cheese Pie***  A pastry case filled with cheese, onion and egg then baked in the oven until golden served with mashed potato |
| ***Served with*** | | | | |
| **Sweetcorn** | **Peas** | **Carrot & Swede**  **and/or**  **Broccoli** | **Green Beans** | **Peas or Baked Beans** |
| ***or*** | | | | |
| ***Jacket potatoes***  served with a side salad are also available daily – choose from a variety of fillings | | | | |
| ***or*** | | | | |
| ***Deli Bar - Available Everyday***  Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.  **A picture containing text  Description automatically generated C:\Users\newpark-sbm\Desktop\Sch Meal pics\images (3).jpg C:\Users\newpark-sbm\Desktop\Sch Meal pics\images.jpg** | | | | |
| ***And for dessert*** | | | | |
| **Choose from a piece of Home Bakery, Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers.** | | | | |
| ***And finally, a drink*** | | | | |
| **A selection of the following drinks will be available daily**  **freshly made milkshakes – chocolate or strawberry, fresh fruit juice – apple, orange or cranberry or water.** | | | | |

**Week 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***Sausage & Mash***  Choose from butchers quality sausages or Quorn sausages baked in the oven and served on a bed of mashed potato with gravy | ***Sweet & Sour Chicken***  Pieces of fresh chicken served in a homemade sweet & sour sauce served on a bed of rice | ***Roast Dinner***  Choose from either home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy | ***Pasta Bolognaise***  Minced beef cooked with onions, garlic, tomatoes, mushrooms, and herbs served on a bed of pasta | ***Fish ‘Fry-day’***  Choose from a battered cod fillet or breaded cod fillet fingers all baked in the oven & served with chips |
| ***Or*** | ***Or*** |
| ***3 Bean Chilli Quesadilla***  A Mexican 3 bean chilli served between 2 tortilla wraps with cheese and baked in the oven until golden served with rice | ***Cauliflower & Broccoli Pasta Bake***  Cauliflower and broccoli florets covered in a creamy cheese sauce and mixed with pasta, baked in the oven until golden |
| ***Served with*** | | | | |
| **Garden Peas** | **Sweetcorn** | **Carrot and Swede**  **and/or**  **Broccoli** | **Green Beans** | **Peas**  **or**  **Baked Beans** |
| ***or*** | | | | |
| ***Jacket potatoes***  served with a side salad are also available daily – choose from a variety of fillings | | | | |
| ***or*** | | | | |
| ***Deli Bar - Available Everyday***  Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.  **A picture containing text  Description automatically generated C:\Users\newpark-sbm\Desktop\Sch Meal pics\images (3).jpg C:\Users\newpark-sbm\Desktop\Sch Meal pics\images.jpg** | | | | |
| ***And for dessert*** | | | | |
| **Choose from a piece of Home Bakery, Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers.** | | | | |
| ***And finally, a drink*** | | | | |
| **A selection of the following drinks will be available daily**  **freshly made milkshakes – chocolate or strawberry, fresh fruit juice – apple, orange or cranberry or water.** | | | | |

**Week 3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***Pizza Day***  A selection of homemade pizza, choose from:  Cheese & Tomato or Pepperoni served with pasta spirals | ***Beef Stew***  Chunks of fresh beef slowly cooked with onions, carrots, potatoes, sweet potato, mushrooms, sweetcorn, apricots and stock served with crusty bread | ***Roast Dinner***  Choose from either home roasted joint of turkey or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy | ***BBQ Chicken***  Choose from fresh chicken pieces or Quorn pieces cooked in a homemade BBQ sauce and served on a bed of rice | ***Fish ‘Fry-day’***  Choose from a battered cod fillet, breaded cod fillet fingers or simply a salmon fillet, all baked in the oven & served with chips |
| ***Or*** |
| ***Veggie Shepherd’s Pie***  Quorn mince cooked with onions, carrots, tomatoes, herbs and stock and topped with a sweet potato mash and baked in the oven. |
| ***Served with*** | | | | |
| **Sweetcorn** | **Cabbage & Beetroot** | **Carrot and Swede**  **and/or**  **Broccoli** | **Peas** | **Peas**  **or Baked Beans** |
| ***or*** | | | | |
| ***Jacket potatoes***  served with a side salad are also available daily – choose from a variety of fillings | | | | |
| ***or*** | | | | |
| ***Deli Bar - Available Everyday***  Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.  **A picture containing text  Description automatically generated C:\Users\newpark-sbm\Desktop\Sch Meal pics\images (3).jpg C:\Users\newpark-sbm\Desktop\Sch Meal pics\images.jpg** | | | | |
| ***And for dessert*** | | | | |
| **Choose from a piece of Home Bakery, Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers.** | | | | |
| ***And finally, a drink*** | | | | |
| **A selection of the following drinks will be available daily**  **freshly made milkshakes – chocolate or strawberry, fresh fruit juice – apple, orange or cranberry or water.** | | | | |