

## Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Sausage &amp; Mash</b> Choose from a butcher's quality sausage or Quorn sausage served on a bed of creamy mashed potato with gravy</p>	<p><b>Creamy Chicken Curry</b> Choose from fresh pieces of chicken breast or Quorn pieces cooked with cumin, coriander, turmeric, ground ginger, garlic, coconut milk and natural yogurt. Served on a bed of rice with Naan bread</p>	<p><b>Roast Dinner</b> Choose from home roasted topside of beef or a Quorn fillet served with mashed potatoes, Yorkshire pudding and gravy</p>	<p><b>Pasta Bolognaise</b> Minced beef cooked with onions, garlic, tomatoes, mushrooms, and herbs. Served on a bed of pasta</p>	<p><b>Fish 'Fry-day'</b> Breaded cod fillet fingers baked in the oven &amp; served with chips</p>

*Served with*

**Peas**

**Sweetcorn**

**Carrot & Turnip**

**Broccoli**

**Baked Beans**

**Or**

### Reception – Year 3

#### *Grab Bags – Available Everyday*

Each grab bag will contain a sandwich/wrap/pasta pot, a crudité pot, a piece of fruit, a home bakery, and a drink.

Choose from a wrap or sandwich with a choice of filling including ham, cheese, tuna mayo or Chinese chicken. A pasta pot is also available with a tuna mayo or tomato topping.

Choose from a selection of drinks including apple juice, orange juice, blackcurrant juice or water.

### Years 4 - 6

#### *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.



**And for dessert**

Home bakery, fresh fruit, fruit pots, yogurt or cheese & crackers are available every day.




**And Finally, a drink**

A selection of the following drinks will be available daily  
fresh fruit juice – apple or orange or water.



**RPJ3 Group**  
Facilities & Foodservice  
Consultancy and Audit

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Hot Dogs</b> Choose from a butcher's quality sausage or Quorn sausage served in a roll with dry roasted wedges</p>	<p><b>Jacket Potatoes</b> Jacket potatoes baked in the oven served with a variety of fillings</p>	<p><b>Roast Dinner</b> Choose from home roasted turkey joint or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy</p>	<p><b>Chilli &amp; Rice</b> Choose from minced beef or Quorn mince cooked with onions, chilli powder, tomatoes, and red kidney beans, served on a bed of rice</p>	<p><b>Fish 'Fry-day'</b> Breaded cod fillet fingers baked in the oven &amp; served with chips</p>
<b>Served with</b>				
Sweetcorn	Various Fillings	Carrots & Peas	Broccoli	Baked Beans
<b>Or</b>				
<p><b>Reception – Year 3</b> <b>Grab Bags – Available Everyday</b> Each grab bag will contain a sandwich/wrap/pasta pot, a crudité pot, a piece of fruit, a home bakery, and a drink. Choose from a wrap or sandwich with a choice of filling including ham, cheese, tuna mayo or Chinese chicken. A pasta pot is also available with a tuna mayo or tomato topping. Choose from a selection of drinks including apple juice, orange juice, blackcurrant juice or water.</p>				
<p><b>Years 4 - 6</b> <b>Deli Bar - Available Everyday</b> 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.</p>				
<div style="display: flex; justify-content: space-around; align-items: center;">    </div>				
<b>And for dessert</b>				
Home bakery, fresh fruit, fruit pots, yogurt or cheese & crackers are available every day.				
<b>And Finally, a drink</b>				
A selection of the following drinks will be available daily fresh fruit juice – apple or orange or water.				