

Spring Term
FIVE DAY
MENUS

The background is a dark teal with a subtle, wavy pattern. In the corners, there are images of fresh vegetables: a head of green cabbage in the top left, two orange carrots with green tops in the top right, a bunch of red beets in the middle left, and several orange pumpkins in the bottom left. In the bottom right, there are green leafy vegetables with red stems.

BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUCK ITEMS	Fresh whole fruit	Cookies	Chocolate chip muffins	Fresh whole fruit	Cookie
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water



BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUCK ITEMS	Fresh whole fruit	Cookies	Chocolate sponge	Fresh whole fruit	Cookie
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water

The background is a dark green with a subtle, wavy pattern. It is decorated with various fresh vegetables: a head of green cabbage in the top left, two bright orange carrots with green tops in the top right, a bunch of red beets with green leaves on the left side, and several orange pumpkins in the bottom left corner. A bunch of Swiss chard with red stalks and green leaves is in the bottom right corner.

BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUCK ITEMS	Fresh whole fruit	Cookies	Cinnamon rolls	Fresh whole fruit	Cookie
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Mixed vegetable	Butternut squash and chilli	Sweet bell pepper	Carrot and ginger	Asian broth
CLASSIC	Cheesy pepperoni pizza	Mexican style enchiladas with sour cream and salsa	Cumberland sausage with crispy onions and gravy	Thai massaman chicken curry	Pollock fillet Cod fish fingers
NOURISH	Margarita pizza	Mixed bean enchiladas with sour cream and salsa	Quorn sausage with crispy onions and gravy	Thai green vegetable curry	Mushroom and lentil shepherds pie
SIDES	Garlic bread Green beans Chilli squash	Mexican rice Corn on the cob Roasted peppers	Mashed potatoes Petit pois Roasted carrots	Steamed rice Stir fry vegetables Sauté courgettes	Chipped potatoes Garden peas Mushy peas
JACKET/PASTA BAR	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce
DESSERT	Fruit jelly	Pineapple and cherry cake	Fruit jelly	Bourbon biscuit cheesecake	Apple and rhubarb crumble with custard
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Pea and mint	Mushroom and chive	Spiced cauliflower	Broccoli and stilton	Tomato and basil
CLASSIC	Creamy chorizo red Leicester pasta bake	Beef keema with naan bread	Breaded chicken goujon with herb mayonnaise	Rich tomato and beef Bolognese with spaghetti	Pollock fillet Cod fish fingers
NOURISH	Macaroni cheese with crispy onions and garlic bread	Chickpea keema curry with naan bread	Vegan breaded fingers with vegan mayonnaise	Vegan soy Bolognese with spaghetti	Roasted Cauliflower filo pie with mature cheddar
SIDES	Rosemary focaccia Roasted cauliflower Sauté mushrooms	Spiced new potatoes Vegetable sabji Vegetable samosa	Chips Roasted carrots Broccoli florets	Rosemary roasties Cheesy leeks Balsamic tomatoes	Chipped potatoes Garden peas Mushy peas
JACKET/PASTA BAR	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce
DESSERT	Fruit jelly	Lemon drizzle cake	Cookie dough bars	Fruit jelly	Strawberry cream mousse
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Sweet potato and chive	Mediterranean vegetable	Sweetcorn chowder	Leek and potato	Sweet parsnip
CLASSIC	Cajun chicken fajita with Mediterranean vegetables	Cumberland sausage baguettes with fried onions and mustard mayonnaise	Garlic and spring onion pork stir fry with oriental dressing	Herb roasted Chicken with Yorkshire pudding and gravy	Pollock fillet Cod fish finger
NOURISH	Mixed vegetable and chickpea Cajun fajita	Vegetarian Cumberland style sausage baguette with fried onions	Garlic and ginger tofu stir fry with oriental dressing	Sweet potato and mushroom wellington	Winter vegetable risotto with toasted pumpkin seeds
SIDES	Seasoned wedges Roasted vegetables Green beans	Lattice fries Spiced squash Buttered sweetcorn	Steamed rice Stir fried vegetables Oriental broccoli	Rosemary roasts Buttered cabbage Honey parsnips	Chipped potatoes Garden peas Mushy peas
JACKET/PASTA BAR	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce
DESSERT	Fruit jelly	Golden syrup sponge with custard	Fruit jelly	Pink jam slice	Rich chocolate brownie
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water

SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD ITEMS	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber
COMPOSITES	Edamame beans, broccoli and sesame salad, Coleslaw	Chicory, basil and parmesan, Pesto pasta	Sweetcorn and pepper, Beetroot, feta and rocket	Rice noodle salad, , Roasted butternut squash salad	Cherry tomato basil and mozzarella, Crunchy Caesar salad
PROTEINS	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar
SELECTION OF DRESSINGS & TOPPINGS					

SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD ITEMS	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber
COMPOSITES	Grated carrot mixed seeds, Pesto cous cous	Cherry tomato potato salad, Avocado and baby gem salad	Spiced chick pea salad, Herbed courgette and pea	Mixed bean and spinach salad, Broccoli and chilli	Roasted vegetable salad, Cucumber and lambs lettuce salad with feta
PROTEINS	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar
SELECTION OF DRESSINGS & TOPPINGS					

SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD ITEMS	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber
COMPOSITES	Spiced cauliflower and tomato salad, pea, mint and crumble feta	Italian chopped salad, Rainbow coleslaw	Giant cous cous with harissa, Tomato olive and feta	Tomato and sumac salad, Chaat masala potatoes	Zesty bread salad, Greek salad
PROTEINS	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar
SELECTION OF DRESSINGS & TOPPINGS					