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<b>Main Meal</b>  <b>OR</b>  <b>Alternative Meal 1</b>  <b>OR</b>  <b>Alternative Meal 2: Sandwiches</b>	<u><b>Pasta: Tomato &amp; Basil</b></u> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese and a side of steamed Broccoli   <u><b>Jacket potato</b></u> Jacket potato with cheddar cheese, baked beans and steamed Broccoli    <u><b>SANDWICH</b></u> <b>CHEESE &amp; CUCUMBER</b> salad sandwich	<u><b>Chicken Goujons</b></u> Chicken goujons with a side of steamed carrots and peas   <u><b>Superfood Vegan Sausage</b></u> Bursting with vegetables, legumes and grains, served with a side of steamed carrots and peas     <u><b>SANDWICH</b></u> Homemade TUNA MAYO in a baguette	<u><b>Beef burgers</b></u> Beef burger in a high fibre bun with a side of baked wedges   <u><b>Chicken burger</b></u> Chicken breast fillet burger in a high fibre bun with baked wedges   <u><b>QUORN Burgers</b></u> Southern fried quorn burgers with cor on the cob fillet burger in a high fibre bun with baked wedges   <u><b>SANDWICH</b></u> <b>CHEESE &amp; CUCUMBER</b> salad sandwich  	<u><b>Beef Bolognese</b></u> Homemade beef Bolognese with five veg blended in a rich tomato sauce, topped with cheese    <u><b>Pasta: Tomato &amp; Basil</b></u> Homemade tomato and basil sauce with five veg blended in served with penne pasta topped with cheddar cheese     <u><b>SANDWICH</b></u> Homemade TUNA MAYO in a fresh baked baguette	<u><b>Greek Tuna Pasta salad bowl</b></u> Wholewheat pasta with Tuna, black olives, cherry tomatoes, red onions, peppers, spinach and feta cheese with an olive oil dressing    <u><b>Veg Pasta salad Bowl</b></u> Wholewheat pasta with black olives, cherry tomatoes, red onions, peppers, spinach and feta cheese and an olive oil dressing     <u><b>SANDWICH</b></u> Homemade Chicken & Mayo filling a baked baguette
<b>Included with meal</b>	<b>Fruit</b>	<b>Frubes (yoghurt) &amp; Salad platter</b>	<b>PIP Organic fruit Lollies &amp; Fruit</b>	<b>Fruit Yoghurts</b>	<b>Fruit</b>

	MEAT FREE MONDAY	TUESDAY	PIZZA WEDNESDAY	BEEFY THURSDAYS	SALAD FRIDAYS (SERVED COLD)
<b>Main Meal</b>  <b>OR</b>  <b>Alternative Meal 1</b>  <b>OR</b>  <b>Alternative Meal 2: Sandwiches</b>	<b><u>Pasta: Tomato &amp; Basil</u></b> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese    <b><u>Jacket potato</u></b> Jacket potato with cheddar cheese and baked beans   <b><u>SANDWICH</u></b> <b>CHEESE &amp; SALAD</b> salad sandwich  	<b><u>Panini: TUNA</u></b> Tuna Mayo filling with peppers and mozzarella cheese in a Baguette or Focaccia (TBC)    <b><u>Veg Panini:</u></b> Lightly spiced Tomato and herbs filling with Basil and melted cheese in a Baguette or Focaccia (TBC)    <b><u>Pasta: Tomato &amp; Basil</u></b> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese  	<b><u>Pizza</u></b> Deep pan wholemeal, Cheese and Tomato pizza topped with corn on the cob    <b><u>Vegetable pizza</u></b> Thin crust cheese and vegetable pizza with corn on the cob    <b><u>WRAPS</u></b> Chicken and sweetcorn filling in a spinach wrap with salad  	<b><u>Chilli con carne</u></b> Mild Beef Chilli con carne served with a side of coriander and lime rice   <b><u>Chilli 'Non' Carne</u></b> Mildly spiced vegan con carne with a side of coriander and lime rice  <b><u>SANDWICH</u></b> Homemade TUNA MAYO in a baguette  	<b><u>Chicken Pasta salad</u></b> Crispy chicken pieces tossed with pasta, egg free mayo dressing, sweetcorn, baby spinach and cherry tomatoes    <b><u>Veggie Pasta Salad</u></b> Crispy Falafel pieces tossed with pasta, egg free mayo dressing, sweetcorn, baby spinach and cherry tomatoes   <b><u>SANDWICH</u></b> <b>CHEESE &amp; CUCUMBER</b> salad sandwich baguette  
Included with meal	Fruit	Frubes yoghurts & Salad platter	Treat: Organic PIP fruit ice lollies and fruit	Organic yoghurt	Fruit

	MEAT FREE MONDAY	TUESDAY	BURGER WEDNESDAYS	BEEFY THURSDAYS	SALAD FRIDAYS (SERVED COLD)
<b>Main Meal</b>  <b>OR</b>  <b>Alternative Meal 1</b>  <b>OR</b>  <b>Alternative Meal 2: Sandwiches</b>	<u><b>Pasta: Tomato &amp; Basil</b></u> Homemade tomato and basil sauce with penne pasta topped with cheddar cheese    <u><b>Jacket potato</b></u> Jacket potato with cheddar cheese and baked beans   <u><b>SANDWICH</b></u> Vegan Chicken slices in wholemeal bread  	<u><b>Curry: Katsu Curry</b></u> Katsu breaded chicken fillet, served with a side of steamed of jasmine rice and sliced carrots     <u><b>Vegan Katsu Curry</b></u> Vegan breaded strips served with a side of steamed jasmine rice   <u><b>SANDWICH</b></u> <b>CHEESE &amp; CUCUMBER</b> in a deli sub roll  	<u><b>Beef burgers</b></u> Beef burger in a high fibre bun with a side of baked wedges    <u><b>Chicken burger</b></u> Chicken breast fillet burger in a high fibre bun with corn on the cob    <u><b>QUORN Burgers</b></u> Southern fried quorn burgers with corn on the cob fillet burger in a high fibre bun with baked wedges   	<u><b>Bolognese</b></u> Homemade beef Bolognese with a blended five veg tomato sauce topped with cheese     <u><b>Tomato and Basil</b></u> Penne pasta in a rich tomato and basil sauce topped with cheese    <u><b>SANDWICH</b></u> <b>CHEESE &amp; CUCUMBER</b> in a deli sub roll  	<u><b>Summery Chicken Pasta Salad bowl</b></u> Lemon & herb pasta salad with tangy marinated chickpeas, chewy Farfalle pasta, herbs and garlic, lemon juice and extra virgin olive oil, topped with parmesan and diced roasted chicken     <u><b>Veggie Supreme salad</b></u> Chewy Farfalle pasta with fresh seasonal vegetables, cherry tomatoes, sweetcorn, green and red peppers, dressed with an egg free Mayo dressing  <u><b>SANDWICH</b></u> Homemade Chicken & Mayo filling in a baked baguette   
<b>Included with meal</b>	<b>Fruit</b>	<b>Frubes (yoghurt) &amp; Salad platter</b>	<b>Treat: Organic PIP various flavour ice lollies &amp; Fruit platter</b>	<b>Organic yoghurt</b>	<b>Fruit</b>