

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)	Seasonal Harvest Soup (ve)	Leek & Potato Soup (ve)
Meal option 1	M01	M04	M07	M10	M13
	Chicken Curry & Rice Pot	Roast Chicken Dinner with Yorkshire Pudding & Mashed potato (ve) Peas & Carrots (ve)	Margherita pizza (v) with onion rings (ve) mediterranean salad (ve)	Mexican Beef Burrito bowl Pico de gallo (ve)	Jumbo Hot Dog with Potato wedges (ve) Carrot & Cucumber sticks (ve)
Meal option 2	M02	M05	M08	M11	M14
	MSC Fish Fingers with Oven chips (ve) Mixed salad (ve)	Cheesy Champion Pie (v) Rainbow salad (ve)	Homemade Chickpea curry (ve) with Pitta Bread (v)	Toasted Folded Turkey Quesadilla Pico de gallo (ve)	Red Tractor Southern-Style Chicken Wrap with Sweet Chilli Mayo with Oven chips (ve) Carrot & Cucumber sticks (ve)
Grab & Go	M46	M47	M48	M49	M50
	Fiery Burger: Hot n Spicy Chicken / Vegetable Burger Mixed salad (ve)	Chicken Rollover hot dog Rainbow salad (ve)	Arabiatta/Mascarpone Pasta (v) Mediterranean salad (ve)	Chilli Potato Dogs Pico de gallo (ve)	Loaded fries: Salt & Chilli Chicken/ Salt & Chilli (ve) Carrot & Cucumber Stickd (ve)
Dessert	Delight dessert (v) & Fresh Fruit Selection(ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)

Grab & Go

Mexican Deli Bar

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Speedy Snack Shack (Panini & Toastie)	Cheese (v) / Tuna Mayo / Chicken Tikka / Peri Peri Chicken / Chicken Mayo Thursday Special: Cheese & Ham				
Deli Bar (Choose From)	Carbohydrates selection : Wrap / Rice / Baked Potato				
Deli Bar (Fillings)	Protein selection: red kidney beans, chicken, grated cheese Fresh Seasonal Vegetables: Pico de Gallo (Homemade, Sweetcorn, Jalapeños Salsa: Sour Cream, Guacamole salsa, Spicy Cheese Salsa.				
Deli Bar (Condiment)	Tomato Ketchup / Mayonnaise / Brown Sauce / Salad Cream / English Mustard / BBQ Sauce / Vinegar / Sweet & Chilli Sauce / Vinaigrette / Caesar				

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tangy Tomato Soup (ve)	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Leek & Potato Soup (ve)	Carrot & Coriander Soup (ve)
Meal option 1	M16	M19	M22	M25	M28
	Crispy Chicken Burger with Oven chips (v) Crunchy salad (ve)	Beef Lasagne	Herby Tomato Pasta (ve)	QMS Homemade Steak pie with Mashed potatoes (v) Peas & carrots (ve)	MSC Salmon fingers with Diced potato(ve) Rainbow salad (ve)
Meal option 2	M05	M20	M23	M26	M13
	Cheesy Champion Pie (v) with oven chips (ve) Crunchy salad (ve)	MSC Breaded Fish Goujons herby boiled potatoes (v) Peas & carrots (ve)	Cheddar Cheese Panini (v) with Diced potatoes (ve) Pico de gallo (ve)	Free Range Foiled Omelette (v) with Garlic bread (ve) Crunchy salad (ve)	Jumbo Hot Dog with Potato wedges (ve) Rainbow salad (ve)
Grab & Go	M51	M52	M53	M47	M46
	BBQ Chicken Quesadilla / Cheese Quesadilla Crunchy salad (ve)	Cheesy Mex: Nacho Box: with Tomato Salsa (v) / with BBQ Pulled Pork Mixed pepper salad (ve)	Greek Chicken/Falafel Gyros Wrap Pico de gallo (ve)	Chicken rollover hot dog Crunchy salad (ve)	Fiery Burger: Hot n Spicy Chicken / Vegetable Burger Rainbow salad (ve)
Dessert	Fruity Yoghurt (v) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)	Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)

Mediterranean Day (week 2)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Speedy Snack Shack (Panini & Toastie)	Cheese (v) / Tuna Mayo / Chicken Tikka / Peri Peri Chicken / Chicken Mayo Thursday Special: Cheese & Ham				
Deli Bar (Choose From)	Carbohydrates selection : Wrap / Rice / Baked Potato				
Deli Bar (Fillings)	Protein filling: Falafel, Mozzarella, Chicken Fresh Seasonal Vegetables: Tomato, Rocket, Cucumber Salsa: Arabiatta, Caesar dressing, Hummous				
Deli Bar (Condiment)	Tomato Ketchup / Mayonnaise / Brown Sauce / Salad Cream / English Mustard / BBQ Sauce / Vinegar / Sweet & Chilli Sauce / Vinaigrette / Caesar				

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)
Meal option 1	M31	M34	M37	M40	M43
	QMS Beef & Cheese Burger with Diced potatoes (ve) Crunchy salad (ve)	Sau'sauge Roll (ve) with Baked beans (ve) Mediterranean salad (ve)	Super Saucy Bolognese (v) with Garlic bread (ve)	Red Tractor Chicken Fajita in Pitta Pockets with Oven chips (ve) Rainbow salad (ve)	Tomato Sausage Pasta Bake
Meal option 2	M32	M14	M38	M41	M07
	Veggie Hero Spaghetti (ve)	Red Tractor Southern-Style Chicken Wrap with Sweet Chilli Mayo with Diced potatoes (ve) Mediterranean salad (ve)	Halloumi & Rainbow Veggie Orzo Tray Bake (v)	Mexican - Style Chilli Con Carne with nacho chips (ve)	Margherita pizza (v) with Potato wedges (ve) Mixed salad (ve)
Grab & Go	M51	M47	M53	M52	M46
	BBQ Chicken Quesadilla / Cheese Quesadilla Crunchy salad (ve)	Chicken rollover hot dog Crunchy salad (ve)	Greek Chicken/Falafel Gyros Wrap Pico de gallo (ve)	Cheesy Mex: Nacho Box: with Tomato Salsa (v) / with BBQ Pulled Pork Mixed pepper salad (ve)	Fiery Burger: Hot n Spicy Chicken / Vegetable Burger Rainbow salad (ve)
Dessert	Fruit salad (ve) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Fruity Yoghurt (v) & Fresh Fruit Selection (ve)

Balanced & Healthy Day

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Speedy Snack Shack (Panini & Toastie)	Cheese (v) / Tuna Mayo / Chicken Tikka / Peri Peri Chicken / Chicken Mayo Thursday Special: Cheese & Ham				
Deli Bar (Choose From)	Carbohydrates selection : Wrap / Rice / Baked Pot)				
Deli Bar (Fillings)	Protein filling: Chicken, Chickpeas, Tuna Fresh Seasonal Vegetables: Sweetcorn, Lettuce, Cucumber Salsa: Hummus, Honey-Mustard Dressing				
Deli Bar (Condiment)	Tomato Ketchup / Mayonnaise / Brown Sauce / Salad Cream / English Mustard / BBQ Sauce / Vinegar / Sweet & Chilli Sauce / Vinaigrette / Caesar				