



Mighty MONDAY

Tasty TUESDAY

Roast of the Day WEDNESDAY

Favourites THURSDAY

Feast FRIDAY

SAMMY SWEETCORN SAYS...
 'Enjoy your lunch!'



OPTION 1	Chicken Gyro Pitta	BBQ Pulled Quorn Taco (v)	Roast Chicken, Stuffing & Gravy	Tomato Pasta Bake (v)	Wholemeal Cheese & Tomato Pizza (v)
OPTION 2	Pasta Neapolitan (v)	Chicken Nuggets	Cheesy Cauliflower & Tender Broccoli Bake & Gravy (v)	Chicken Tandoori Wrap	BBQ Plant Based Meatball Sub (ve)
OPTION 3	Fish Fingers	Fish Fingers	Fish Bites	Fish Fingers	Fish Bites
SANDWICH BAP WITH NACHOS & SALAD	Available Daily: Cheese, Ham or Tuna Bap				
JACKET POTATO BAR	Available Daily: Jacket Potato with Cheese & Baked Beans				
CARBS	Mexican Rice	Herby Diced Potatoes	Mashed & Roast Potatoes	Chips	Potato Wedges
CLASSIC DESSERT	Mini Doughnut	Chocolate Brownie	Muffin Selection	Vanilla Iced Sponge	Fruity Jelly
SAMMY'S HEALTHY SNACKS	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists				

Main Meals are served with a varied choice of seasonal vegetables and a daily salad bar featuring seasonal super salads & freshly made bread. Fresh fruit salads & yoghurt available daily.



= Hidden Veg



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OPTION 1	Oven Baked Sausage & Gravy	Fruity Chicken Taco	Roast Beef, Yorkshire Pudding & Gravy	Chicken Nuggets	Wholemeal Cheese & Tomato Pizza (v)
OPTION 2	Vegetarian Sausage Sizzler (v) & Gravy	Classic Favourite Sausage Roll (Ve)	Roasted Vegetable Parcel (v)	Mediterranean Chicken Wrap	Crispy Quorn Dippers (v)
OPTION 3	Fish Fingers	Fish Fingers	Fish Bites	Fish Fingers	Fish Bites
SANDWICH BAP WITH NACHOS & SALAD	Available Daily: Cheese, Ham or Tuna Bap				
JACKET POTATO BAR	Available Daily: Jacket Potato with Cheese & Baked Beans				
CARBS	Mashed Potatoes	Herby Diced Potatoes or Rice	Mashed & Roast Potatoes	Chips	Potato Wedges
CLASSIC DESSERT	Waffles	Peach Crumble & Custard	Muffin Selection	Chocolate Brownie	Fruit Sorbet
SAMMY'S HEALTHY SNACKS	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists				

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OPTION 1	Beef Bolognese	Original Chicken Tikka Masala	Chicken Meatballs Mash & Gravy	BBQ Chicken Wrap	Wholemeal Cheese & Tomato Pizza (v)
OPTION 2	Country Garden Vegetable Bake (v)	Tomato Pasta Bake (v)	Golden Cheddar Cheese & Potato Pie (v)	Crispy Quorn Dippers (v)	Oven Baked Mac 'n' Cheddar Cheese (v)
OPTION 3	Fish Fingers	Fish Fingers	Fish Bites	Fish Fingers	Fish Bites
SANDWICH BAP WITH NACHOS & SALAD	Available Daily: Cheese, Ham or Tuna Bap				
JACKET POTATO BAR	Available Daily: Jacket Potato with Cheese & Baked Beans				
CARBS	Herby Diced Potatoes or Wholewheat Pasta	Rice		Chips	Potato Wedges
CLASSIC DESSERT	Marble Sponge & Choc Sauce	Chocolate Crowns	Ice Cream	Cookie Selection	Fruity Jelly
SAMMY'S HEALTHY SNACKS	Cucumber, Carrot, Pepper Batons or Pitta Sticks with Dips, Apple Slices with Chocolate Dip or Yoghurt, Pineapple Slices with Yoghurt, Egg Nest, Cheese Twists				

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