

7th September	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Lasagne & garlic Bread	Roast Pork & Stuffing	Chicken Breast in a creamy honey mustard sauce & Mash	Chicken Goujon & Savoury Rice	Fish & Chips
Vegetarian	Vegetable Lasagne	Roasted Vegetable Pastry Tart	Tomato & Lentil Dahl	Breaded Quorn Pieces	Vegetable Fingers
Vegan	Kale Pesto Pasta	Roasted Vegetable Pastry Tart	Tomato & Lentil Dahl	Sweet Potatoes Falafels	Vegetable Fingers
Cold Lunch Option	Ham Salad Baguette/ Veggie Pasta Salad	Turkey Salad Bap/ Cheese Salad wrap	Ham & Cheese Panini/ Egg Salad Box	Cheese Salad Baguette/Tuna Pasta Salad	Tuna Melt Panini/ Chicken & Bacon Pasta Pot
Pudding	Lemon Drizzle Sponge	Fruit Yoghurt	Jelly & Ice Cream	Banana & Custard	Oat & Cranberry Cookie
Fruit Choice	Fruit Salad	Wedge Pineapple	Melon Wedge	Orange Wedges	Fruit Salad
Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
Vegetables / Salad	Salad	Carrots & Broccoli	Mixed Vegetables	Corn on cob	Peas

14th September	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Spaghetti Bolognese	Roast Chicken	Chicken Korma & Rice	Sausage Rolls & Mash Potato	Tuna & Salmon Pasta Bake
Vegetarian	Pasta with Lentil Bolognese	Leek & Potato Pie	Macaroni Cheese	Cheddar & Onion Rolls	Jacket Potato Cheese
Vegan	Pasta with Lentil Bolognese	Leek & Potato Pie	Tomato & Basil Soup & Bread	Sweet Potato Onion & Spinach Rolls	Jacket Potato & Beans
Cold Lunch Option	Ham Salad Baguette/ Veggie Pasta Salad	Turkey Salad Bap/ Cheese Salad wrap	Ham & Cheese Panini/ Egg Salad Box	Cheese Salad Baguette/Tuna Pasta Salad	Tuna Melt Panini/ Chicken & Bacon Pasta Pot
Pudding	Banoffee Sponge & Custard	Fruit Yoghurt	Arctic Roll	Lemon Mousse & Blueberries on the side	Shortbread
Fruit Choice	Fruit Salad	Wedge Pineapple	Melon Wedge	Orange Wedges	Fruit Salad
Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
Vegetables / Salad	Salad	Carrots & Broccoli	Green Beans	Beans or Peas	Coleslaw

21st September	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cottage Pie	Roast Gammon New Potatoes	Chicken & Rice Stir Fry	Meatballs in Sauce with Pasta	Cod Bites and Waffles
Vegetarian	Veggie Mince Cottage Pie	Quorn Roast	Jacket Potato & Beans	Quorn Balls in Sauce with Pasta	Vegetable Soup & Bread
Vegan	Tomato & Lentil Pasta	Vegan Bake	Vegetable & Tofu Stir Fry	Falafels in Sauce with Pasta	Vegetable Soup & Bread
Cold Lunch Option	Ham Salad Baguette/ Veggie Pasta Salad	Turkey Salad Bap/ Cheese Salad wrap	Ham & Cheese Panini/ Egg Salad Box	Cheese Salad Baguette/Tuna Pasta Salad	Tuna Melt Panini/ Chicken & Bacon Pasta Pot
Pudding	Carrot Cake & Custard	Fruit Yoghurt	Peaches & Cream	Plum & Apple Crumble & Ice Cream	Krispy Cake
Fruit Choice	Fruit Salad	Wedge Pineapple	Melon Wedge	Orange Wedges	Fruit Salad
Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
Vegetables / Salad	Baked Beans	Carrots & Broccoli	Pepper Stix & Cherry Toms	Sweetcorn	Peas

28th September	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mild Beef Chilli & Wedges	Roast Beef & Yorkshire Pudding	Chicken & Bacon Mac Cheese	Chicken Goujons & Waffles	Fish Fingers & Mash
Vegetarian	Black Bean & Butternut Squash	Sweet Potato Lentil Stew	Jacket Potatoes & Beans	Spanish Tortilla	Veggie Fingers
Vegan	Black Bean & Butternut Squash	Sweet Potato Lentil Stew	Jacket Potatoes & Beans	Roasted vegetable Tart	Veggie Fingers
Cold Lunch Option	Ham Salad Baguette/ Veggie Pasta Salad	Turkey Salad Bap/ Cheese Salad wrap	Ham & Cheese Panini/ Egg Salad Box	Cheese Salad Baguette/Tuna Pasta Salad	Tuna Melt Panini/ Chicken & Bacon Pasta Pot
Pudding	Chocolate Sponge & Custard	Fruit Smoothie	Jelly & Ice Cream	Blueberry Sponge & Cream	Flapjack
Fruit Choice	Fruit Salad	Wedge Pineapple	Melon Wedge	Orange Wedges	Fruit Salad
Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
Vegetables / Salad	Baby corn	Carrots & Broccoli	Salad	Sweetcorn	Beans or Peas

5th October	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Meatballs in Sauce with Pasta	Roast Beef & Yorkshire Pud	Traditional Sausages & Mash	Cheese & Ham Pizza & Savoury Rice	Fish Fingers Smiley Faces
Vegetarian	Quorn Balls in Sauce with Pasta	Cheese & Broccoli Bake	Good Life Vegan Sausages	Cheese & Tomato Pizza	Veggie Fingers
Vegan	Roasted Vegetable Pasta	Carrot & Lentil Soup & Bread	Good Life Vegan Sausages	Jacket Potato & Beans	Veggie Fingers
Cold Lunch Option	Ham Salad Baguette/ Veggie Pasta Salad	Turkey Salad Bap/ Cheese Salad wrap	Ham & Cheese Panini/ Egg Salad Box	Cheese Salad Baguette/Tuna Pasta Salad	Tuna Melt Panini/ Chicken & Bacon Pasta Pot
Pudding	Chocolate Sponge & Custard	Fruit Smoothie	Mandarins & Ice cream	Cherry & Apple Crumble & Cream	Flapjack
Fruit Choice	Fruit Salad	Wedge Pineapple	Melon Wedge	Orange Wedges	Fruit Salad
Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
Vegetables / Salad	Sweetcorn	Carrots & Broccoli	Mixed Vegetables	Carrot & Pepper Stix	Spaghetti Hoops or Peas

12th October	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Lasagne & garlic Bread	Roast Pork & Stuffing	Chicken Breast in a creamy honey mustard sauce & Mash	Chicken Goujon & Savoury Rice	Fish & Chips
Vegetarian	Vegetable Lasagne	Roasted Vegetable Pastry Tart	Tomato & Lentil Dahl	Breaded Quorn Pieces	Vegetable Fingers
Vegan	Kale Pesto Pasta	Roasted Vegetable Pastry Tart	Tomato & Lentil Dahl	Sweet Potatoes Falafels	Vegetable Fingers
Cold Lunch Option	Ham Salad Baguette/ Veggie Pasta Salad	Turkey Salad Bap/ Cheese Salad wrap	Ham & Cheese Panini/ Egg Salad Box	Cheese Salad Baguette/Tuna Pasta Salad	Tuna Melt Panini/ Chicken & Bacon Pasta Pot
Pudding	Lemon Drizzle Sponge	Fruit Yoghurt	Jelly & Ice Cream	Banana & Custard	Oat & Cranberry Cookie
Fruit Choice	Fruit Salad	Wedge Pineapple	Melon Wedge	Orange Wedges	Fruit Salad
Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
Vegetables / Salad	Salad	Carrots & Broccoli	Mixed Vegetables	Corn on cob	Peas

19th October	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Spaghetti Bolognese	Roast Chicken	Chicken Korma & Rice	Sausage Rolls & Mash Potato	Tuna & Salmon Pasta Bake
Vegetarian	Pasta with Lentil Bolognese	Leek & Potato Pie	Macaroni Cheese	Cheddar & Onion Rolls	Jacket Potato Cheese
Vegan	Pasta with Lentil Bolognese	Leek & Potato Pie	Tomato & Basil Soup & Bread	Sweet Potato Onion & Spinach Rolls	Jacket Potato & Beans
Cold Lunch Option	Ham Salad Baguette/ Veggie Pasta Salad	Turkey Salad Bap/ Cheese Salad wrap	Ham & Cheese Panini/ Egg Salad Box	Cheese Salad Baguette/Tuna Pasta Salad	Tuna Melt Panini/ Chicken & Bacon Pasta Pot
Pudding	Banoffee Sponge & Custard	Fruit Yoghurt	Arctic Roll	Lemon Mousse & Blueberries on the side	Shortbread
Fruit Choice	Fruit Salad	Wedge Pineapple	Melon Wedge	Orange Wedges	Fruit Salad
Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt
Vegetables / Salad	Salad	Carrots & Broccoli	Green Beans	Beans or Peas	Coleslaw

Please Circle your meal choices - Little Pips and the Nest Meals £2.60

Child's Name
Room