



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### LITTLE STARS

Wholemeal pasta bar - tomato & basil, homemade pesto (with spinach) or cheese sauce

Seasoned beef & 5 bean with guacamole, sour cream and salsa

Roast turkey with cranberry sauce

Mild chicken Korma, with mini poppadoms, mango chutney and minted yogurt

Fish fingers or baked white fish with homemade tartare sauce and lemon wedge

### MAIN

Wholemeal pasta bar - tomato & basil, homemade pesto (with spinach) or cheese sauce

Chilli beef & 5 bean with guacamole, sour cream and salsa

Roast turkey with cranberry sauce

Chicken Korma, with mini poppadoms, mango chutney and minted yogurt

Fish fingers or baked white fish with homemade tartare sauce and lemon wedge

### MAIN (VEGAN & VEG)

Wholemeal pasta bar - tomato & basil, homemade pesto (with spinach) or cheese sauce

5 bean chilli with guacamole, sour cream and salsa

Roasted vegetable stack with pesto

Butternut squash, chickpea and spinach curry

Stuffed mushrooms

### SIDE ORDERS

Steamed greens

Basmati rice

Roast potatoes

Steamed mixed brown and white rice

Chips

Seasonal garden salad

Steamed broccoli

Carrots and peas

Sweetcorn

Peas or baked beans

### PROTEIN SALAD BAR

Tuna, mature cheddar, free range eggs

Home baked ham, free range eggs, mozzarella

Sliced beef, tuna mayo, cheddar cheese

Home baked ham, mozzarella, mackerel pate

Coronation chicken, free range eggs, cheddar cheese

### PUDDING

Pear crumble & custard

Selection of fruit jellies

Oaty blueberry muffin

Trio of melon

### Friday Treat

Rocky road

### AFTERNOON SNACK

Homemade sausage roll

Lancing Prep flapjack with goji berries and sunflower seeds

Cheese or ham filled croissant

Margherita pizza bites

Crudites

Fresh fruit

Fresh fruit

Fresh fruit

Fresh fruit

Fresh fruit