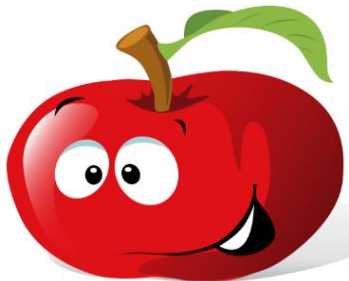


Week	Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>06.09.21</p> <p>27.09.21</p> <p>18.10.21</p> <p>15.11.21</p> <p>06.12.21</p>	<p>MFM</p> <p>Pizza Baguette</p> <p>Potato Wedges</p> <p>Baked Beans & Sweetcorn</p> <p>Wrap</p> <p>Chicken & Sweetcorn, Cheese, Tuna & Cucumber</p> <p>Fruit Jelly</p>	<p>Sweet and Sour Chicken</p> <p>Sweet & Sour Vegetables</p> <p>Rice</p> <p>Green Beans & Carrots</p> <p>Wrap</p> <p>Chicken & Sweetcorn, Cheese, Tuna & Cucumber</p> <p>Pear and Cocoa Sponge & Custard</p>	<p>Chicken Sausage, Yorkshire Pudding & Gravy</p> <p>Meat Free Sausage, Yorkshire Pudding & Gravy</p> <p>Mashed Potato</p> <p>Seasonal Mixed Vegetables</p> <p>Wrap</p> <p>Chicken & Sweetcorn, Cheese, Tuna & Cucumber</p> <p>Fresh Fruit Platter</p>	<p>Beef Lasagne</p> <p>Vegetable Lasagne</p> <p>Broccoli and Cauliflower Mix</p> <p>Wrap</p> <p>Chicken & Sweetcorn, Cheese, Tuna & Cucumber</p> <p>Apricot Flapjack</p>	<p>Fish Fillet & Ketchup</p> <p>Vegetable Burger</p> <p>Chunky Chips</p> <p>Baked Beans & Peas</p> <p>Wrap</p> <p>Chicken & Sweetcorn, Cheese, Tuna & Cucumber</p> <p>Ice lolly</p>
<p>2</p> <p>13.09.21</p> <p>04.10.21</p> <p>01.11.21</p> <p>22.11.21</p> <p>13.12.21</p>	<p>MFM</p> <p>Cheese & Onion Slice</p> <p>Diced Potatoes</p> <p>Baked Beans & Carrots</p> <p>50/50 Sandwich Bread</p> <p>Cheese, Chicken Mayo or Tuna mayo</p> <p>Fresh Fruit Platter</p>	<p>Turkey Wrap Enchilada</p> <p>Vegetable & Bean Wrap Enchilada</p> <p>50/50 Rice</p> <p>Green Beans & Mixed Salad</p> <p>50/50 Sandwich Bread</p> <p>Cheese, Chicken Mayo or Tuna Mayo</p> <p>Shortbread Finger</p>	<p>Roast Chicken & Gravy</p> <p>Vegetable Pie & Gravy</p> <p>Roast Potatoes</p> <p>Peas & Carrots</p> <p>50/50 Sandwich Bread</p> <p>Cheese, Chicken Mayo or Tuna Mayo</p> <p>Apple Crumble & Custard</p>	<p>Beef Cannelloni Pasta</p> <p>Arrabbiata Pasta Bake</p> <p>Sweetcorn & Coleslaw</p> <p>50/50 Sandwich Bread</p> <p>Cheese, Chicken Mayo or Tuna Mayo</p> <p>Lemon Drizzle</p>	<p>Salmon Fishfingers & Ketchup</p> <p>Vegetable Nuggets</p> <p>Chunky Chips & Spaghetti Hoops</p> <p>Peas</p> <p>50/50 Sandwich Bread</p> <p>Cheese, Chicken Mayo or Tuna Mayo</p> <p>Ice cream</p>
<p>3</p> <p>20.09.21</p> <p>11.10.21</p> <p>08.11.21</p> <p>29.11.21</p>	<p>MFM</p> <p>Cheesy Potato Skins & Baked Beans</p> <p>Mixed Salad & Coleslaw</p> <p>Deli Sub Roll</p> <p>Tuna & Sweetcorn, Cheese, Ham</p> <p>Ice Cream</p>	<p>Chicken Katsu Curry</p> <p>Vegetarian Katsu Curry</p> <p>50/50 Rice</p> <p>Garden Peas</p> <p>Deli Sub Roll</p> <p>Tuna & Sweetcorn, Cheese, Ham</p> <p>Fresh Fruit Platter</p>	<p>Roast Beef</p> <p>Vegetable Wellington</p> <p>Roast Potatoes</p> <p>Carrot & Swede Mix</p> <p>Deli Sub Roll</p> <p>Tuna & Sweetcorn, Cheese, Ham</p> <p>Jam Sponge & Custard</p>	<p>Chicken and Pasta Bake</p> <p>Meat Free Sausage Pasta bake</p> <p>Green Beans & Mixed Salad</p> <p>Deli Sub Roll</p> <p>Tuna & Sweetcorn, Cheese, Ham</p> <p>50/50 Carrot Cake</p>	<p>Fish Nuggets & Ketchup</p> <p>Cheese Quiche</p> <p>Chunky Chips</p> <p>Baked Beans & Peas</p> <p>Deli Sub Roll</p> <p>Tuna & Sweetcorn, Cheese, Ham</p> <p>Chocolate Brownie</p>



Jacket potatoes, salad bar,
fresh fruit, fresh bread,
yoghurt & fresh drinking water
available daily.....

HALF TERM
25TH OCTOBER-29TH
OCTOBER 2021



The Collegiate Trust
Exceptional Education for All



Pelican Nutrition Services
Anna-Maria Holt BSc RD
Company Dietitian