

|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Daily** | **Fresh Cut Fruit** | **Fresh Cut Fruit** | **Fresh Cut Fruit** | **Fresh Cut Fruit** | **Fresh Cut Fruit** |
| **Soups** | **Lentil Soup** | **Split Pea Soup** | **Tomato Soup** | **Vegetable Soup** | **Lentil Soup** |
| **Meal Option** | **Chicken Curry** | **Sausage and**  **Onion Gravy** | **Scottish Steak Pie** | **Chicken Fried Rice** | **Breaded Haddock** |
| **Vegetarian** | **Pasta in a Spicy**  **Tomato Sauce** | **Baked Macaroni Cheese** | **Creamy Potato and**  **Vegetable Pie** | **Mediterranean**  **Vegetable Lasagne** | **Vegetable Curry** |
| **Carbohydrates** | **Boiled Rice** | **Herby Diced Potatoes**  **Garlic Bread** | **Mashed Potatoes** | **Garlic Bread** | **Boiled Rice**  **Chips** |
| **Vegetables** | **Garden Peas**  **Sweetcorn** | **Broccoli Florets**  **Roasted Vegetables** | **Carrots**  **Diced Turnip** | **Sweetcorn**  **Coleslaw** | **Garden Peas**  **Baked Beans** |
| **Desserts** | **~** | **Mixed Fruit Yoghurt** | **~** | **Banana Muffins** | **~** |
| **Grab and Go** | **Salad & Pasta Pots**  **Selection of Sandwiches**  **Rolls/Wraps/Baguettes** | **Salad & Pasta Pots**  **Selection of Sandwiches**  **Rolls/Wraps/Baguettes** | **Salad & Pasta Pots**  **Selection of Sandwiches**  **Rolls/Wraps/Baguette** | **Salad & Pasta Pots**  **Selection of Sandwiches**  **Rolls/Wraps/Baguettes** | **Salad & Pasta Pots**  **Selection of Sandwiches**  **Rolls/Wraps/Baguettes** |
| **Snacks** | **Toasted Paninis**  **Chicken Burger**  **Pizza Slice**  **Pizzini** | **Toasted Paninis**  **Pizzini**  **Chicken Nugget Wrap**  **Baked Potato & Fillings** | **Toasted Paninis**  **Hot Dogs**  **Cheese Burger**  **Thai Veg Noodle Pot** | **Toasted Paninis**  **Quorn Burger**  **Pizzini**  **Baked Potato & Fillings** | **Toasted Paninis**  **Pizza Slice**  **Hot Dogs** |

**School Year 2023/2024 High School Week 1**