

|  | **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**