







Love To Learn, The Malcolm Sargent Way




Week 1 03/09/2018 07/09/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	INSET DAY					Dessert of the day or Fresh Fruit or Yogurt
Tuesday	INSET DAY					
Wednesday	Chicken Stir Fry & Noodles with Sesame Soy Dressing Seasonal Vegetables and/or Mixed Salad	Vegetable & Noodle Chow Mein with Sesame Soy Dressing Seasonal Vegetables and/or Mixed Salad	Beans Cheese Ham	Ham Wrap Mixed Salads	BBQ Chicken Torino	
Thursday	Roast Chicken Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Italian Mushroom	
Friday 	Oven Baked White Fish Goujons Oven Baked Chips Baked Beans or Peas or Mixed Salad	Cheese and Tomato French Bread Pizza Oven Baked Chips Baked Beans or Peas or Mixed Salad	Beans Cheese	Ham Sandwich Mixed Salads	Tomato and Mascapone	

WEEK 2 10/09/2018 14/09/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Macaroni Cheese Garlic Bread Seasonal Vegetables and/or Mixed Salad or Salad	Baked Tortilla Vegetable Lasagne Garlic Bread Seasonal Vegetables and/or Mixed Salad or Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Chicken Korma	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Southern Baked Chicken Fillet with BBQ Sauce Spicy Oven Wedges Baked Beans or Mixed Salads and Coleslaw	Southern Baked Halloumi Burger with BBQ Sauce in a Bun Spicy Oven Wedges Baked Beans or Mixed Salads and Coleslaw	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Pomodoro	
Wednesday	Sausage Mashed Potato Gravy Seasonal Vegetables	Glamorgan Sausage Mashed Potato Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Chicken and Bacon	
Thursday	Mild Indian Chicken Curry Cucumber Raita Mango Chutney White & Brown Rice Mixed Salads	Mild Sweet Potato & Chickpea Curry Cucumber Raita Mango Chutney White & Brown Rice Mixed Salads	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Sausage and Beans	
Friday 	Oven Baked White Breaded Fish Oven Baked Chips Baked Beans or Peas	Cheese and Tomato Pizza Oven Baked Chips Baked Beans or Peas	Beans Cheese Coleslaw	Ham Sandwich Mixed Salads	Basilico	



Love To Learn, The Malcolm Sargent Way





WEEK 3 17/09/2018 21/09/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Cheese & Baked Bean Puff Tomato Sauce New Potatoes Seasonal Vegetables and/or Mixed Salad	Spinach, Pea & Red Pepper Frittata New Potatoes Seasonal Vegetables and/or Mixed Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Bolognese	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Mexican Lightly Spiced Chilli Con Carne Tomato Salsa Sour Cream White & Brown Rice Mixed Salads	Vegetable & Bean Fajita Tomato Salsa Sour Cream White & Brown Rice Mixed Salads	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Italian Meatballs	
Wednesday	Roast Pork Roll Sage & Onion Stuffing Roast Potatoes Gravy Mixed Salads	Roast Quorn Bap Roast Potatoes Gravy Mixed Salads	Beans Cheese Ham	Ham Wrap Mixed Salads	Pomodoro	
Thursday	Moroccan Shredded Chicken Pitta Warm Lemon & Sultana Cous Cous Mixed Salads	Moroccan Cauliflower & Chickpea Tagine Warm Lemon & Cous Cous Mixed Salads	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	BBQ Chicken Torino	
Friday	Sausage Roll Tomato Sauce Oven Baked Chips Seasonal Vegetables and/or Mixed Salad	BBQ Sweetcorn & Pepper Pizza Oven Baked Chips Seasonal Vegetables and/or Mixed Salad	Beans Cheese Coleslaw	Ham Sandwich Mixed Salads	Basilico	



Love To Learn, The Malcolm Sargent Way





WEEK 4 24/09/2018 28/09/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Vegetable & Bean Hotpot New Potatoes Seasonable Vegetables	Cheese & Broccoli Flan New Potatoes Seasonal Vegetables and/or Mixed Salad	Beans Cheese Ham	Cheese Sandwich	Italian Mushroom	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	BBQ Chicken Fillet White & Brown Rice Seasonal Vegetables and/or Mixed Salad	Mac and Cheese White & Brown Rice Seasonal Vegetables and/or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Italian Meatballs	
Wednesday	Roast Gammon Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Chicken and Bacon	
Thursday	American Hot Dog Tomato Ketchup and Caramelised Onions Mixed Salads	Quorn Hot Dog Tomato Ketchup Caramelised Onions Mixed Salads	Beans Cheese Tuna	Tuna Sandwich	Pomodoro	
Friday 	Salmon Fish Fingers Tomato Ketchup Oven Baked Chips Baked Beans or Peas	Cheese & Tomato Pitta Bread Pizza Oven Baked Chips Baked Beans or Peas	Beans Cheese Coleslaw	Ham Sandwich Mixed Salads	Basilico	



Love To Learn, The Malcolm Sargent Way







WEEK 5 01/10/2018 05/10/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Quorn Sausage Pattie Muffin Half Jacket Potato Seasonal Vegetables and/or Mixed Salad	Roasted Vegetable Pasta Bake Half Jacket Potato Seasonal Vegetables and/or Mixed Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Carbonara	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Italian Lasagne Garlic Bread New Potatoes Seasonal Vegetables and/or Mixed Salad	Italian Baked Gnocchi Garlic Bread New Potatoes Seasonal Vegetables and/or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	BBQ Chicken Torino	
Wednesday	Chicken Stir Fry & Noodles with Sesame Soy Dressing Seasonal Vegetables and/or Mixed Salad	Vegetable & Noodle Chow Mein with Sesame Soy Dressing Seasonal Vegetables and/or Mixed Salad	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
Thursday	Roast Chicken Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Italian Mushroom	
Friday 	Oven Baked White Fish Goujons Oven Baked Chips Baked Beans or Peas	Cheese and Tomato French Bread Pizza Oven Baked Chips Baked Beans or Peas	Beans Cheese Coleslaw	Ham Sandwich Mixed Salads	Tomato and Mascarpone	



Love To Learn, The Malcolm Sargent Way



WEEK 6 08/10/2018 12/10/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Macaroni Cheese Garlic Bread Seasonal Vegetables and/or Mixed Salad or Salad	Baked Tortilla Vegetable Lasagne Garlic Bread Seasonal Vegetables and/or Mixed Salad or Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Chicken Korma	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Southern Baked Chicken Fillet with BBQ Sauce Spicy Oven Wedges Baked Beans or Mixed Salads and Coleslaw	Southern Baked Halloumi Burger with BBQ Sauce in a Bun Spicy Oven Wedges Baked Beans or Mixed Salads and Coleslaw	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Pomodoro	
Wednesday	Sausage Mashed Potato Gravy Seasonal Vegetables	Glamorgan Sausage Mashed Potato Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Chicken and Bacon	
Thursday	Mild Indian Chicken Curry Cucumber Raita Mango Chutney Boiled White & Brown Rice Mixed Salads	Mild Sweet Potato & Chickpea Curry Cucumber Raita Mango Chutney Boiled White & Brown Rice Mixed Salads	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Sausage and Beans	
Friday 	Oven Baked White Breaded Fish Oven Baked Chips Baked Beans or Peas	Cheese and Tomato Pizza Oven Baked Chips Baked Beans or Peas	Beans Cheese Coleslaw	Ham Sandwich	Basilico	

WEEK 7 15/09/2018 19/10/2018	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Cheese & Baked Bean Puff Tomato Sauce New Potatoes Seasonal Vegetables and/or Mixed Salad	Spinach, Pea & Red Pepper Frittata New Potatoes Seasonal Vegetables and/or Mixed Salad	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Bolognese	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Mexican Lightly Spiced Chilli Con Carne Tomato Salsa Sour Cream White & Brown Rice Mixed Salads	Vegetable & Bean Fajita Tomato Salsa Sour Cream White & Brown Rice Mixed Salads	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Italian Meatballs	
Wednesday	Roast Pork Roll Sage & Onion Stuffing Roast Potatoes Gravy Mixed Saladss	Roast Quorn Bap Roast Potatoes Gravy Mixed Saladss	Beans Cheese Ham	Ham Wrap Mixed Salads	BBQ Chicken Torino	
Thursday	Moroccan Shredded Chicken Pitta Warm Lemon & Sultana Cous Cous Mixed Saladss	Moroccan Cauliflower & Chickpea Tagine Warm Lemon & Cous Cous Mixed Saladss	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Pomodoro	
Friday 	Sausage Roll Tomato Sauce Oven Baked Chips Seasonal Vegetables and/or Mixed Salad	BBQ Sweetcorn & Pepper Pizza Oven Baked Chips Seasonal Vegetables and/or Mixed Salad	Beans Cheese Coleslaw	Ham Sandwich Mixed Salads	Basilco	