Allergy information available on request

8th Apr, 29th Apr, 20th May, 10th Jun, 1st Jul, 22nd Jul, 2nd Sept, 23rd Sept, 14th Oct

MONDAY	Cheesy Potato Hash	Vegetable Curry with Rice (ve)	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Muffin Fruit/Yoghurt
TUESDAY	Ham Pizza	Margherita Pizza (v)	Pasta with Tomato Sauce	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Cookie Fruit/Yoghurt
WEDNESDAY	Roast Chicken with Roast Potatoes and Gravy	Roasted Vegetable Quesadilla with Roast Potatoes (v)	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Apple and Cinnamon Slice Fruit/Yoghurt
THURSDAY	Smoky Chicken Wrap with Savoury Rice	BBQ Cauliflower Wings with Rice (v)	Pasta with Tomato Sauce	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Coconut and Lime Cake Fruit/Yoghurt
FRIDAY	Oven Baked Fish Fingers and Chips	Veggie Nuggets with Tomato and Sweetcorn Salsa and Chips (ve)	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Fruit and Jelly Fruit/Yoghurt
SOULASSOCIATION FOOD FOR LIFE CATERING MARK						

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.





WEEK 1

Allergy information available on request

15th Apr, 6th May, 27th May, 17th Jun, 8th Jul, 9th Sept, 30th Sept, 21st Oct

MONDAY	Mac and Cheese (v)	Mixed Bean Enchiladas (v)	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Chocolate and Orange Cookie Fruit/Yoghurt
TUESDAY	Sausage and Mash with Gravy	Veggie Sausage with Mash (v)	Pasta with Tomato Sauce	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Carrot Cake Fruit/Yoghurt
WEDNESDAY	Roast Chicken with Roast Potatoes and Gravy	Spiced Quorn with Roast Potatoes (v)	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Apple Crumble with Custard Fruit/Yoghurt
THURSDAY	Garlic and Lemon Chicken with Rice	Vegetable Shawarma with Rice (v)	Pasta with Tomato Sauce	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Summer Vegan Sponge Fruit/Yoghurt
FRIDAY	Oven Baked Fish Fingers with Chips	Cheese and Tomato Pizza with Chips (v)	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Crispy Cake Fruit/Yoghurt





Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.





WEEK 2

Allergy information available on request



Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

22nd Apr, 13th May, 3rd Jun, 24th Jun, 15th Jul, 16th Sept, 7th Oct

MONDAY	Margherita Pizza (v)	Veggie Noodles (ve)	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Sponge with Custard Fruit/Yoghurt
TUESDAY	Tuscan Chicken with New Potatoes	BBQ Baked Beans and Cheese Pastry Pocket with New Potatoes (v)	Pasta with Tomato Sauce	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Fruit Shortbread Fruit/Yoghurt
WEDNESDAY	Roast Chicken with Roast Potatoes and Gravy	Vegan Sausage with Roast Potatoes and Gravy (ve)	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Oat Fruit Slice Fruit/Yoghurt
THURSDAY	Beef Bolognese with Pasta	Vegetable Lasagne (v)	Pasta with Tomato Sauce	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Brownie Fruit/Yoghurt
FRIDAY	Oven Baked Fish Fingers with Chips	Cheese and Tomato Pinwheel with Chips (v)	Jacket Potato with Baked Beans, Cheese, Salmon Mayo or Coleslaw	Deli Option with Ham, Tuna Mayo, or Cheese	Hot Seasonal Vegetables	Fruit and Jelly Fruit/Yoghurt

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FOR BODY AND BRAIN

