

JACKET POTATOES, FRESH BREAD, SALAD, FRESH FRUIT AND YOGHURTS ARE AVAILABLE DAILY.

WE USE LOCALLY SOURCED INGREDIENTS AND ALL OUR MENUS ARE CHECKED BY A REGISTERED DIETITIAN TO ENSURE WE MEET SCHOOL FOOD STANDARDS. HALAL OPTION AVAILABLE * SUITABLE FOR VEGANS, CONTAINS NO DAIRY *

Pelican Nutrition Services

Anna-Maria Holt BSc RD
Company Dietitian

Ofsted
Outstanding

The Diner

Healthy Schools



The Collegiate Trust
Exceptional Education for All

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Ham Pizza</p> <p>Cheese Pizza</p> <p>New Potatoes</p> <p>Sweetcorn</p> <p>Lemon Drizzle</p>	<p>Meatball Sauce </p> <p>Tomato & Basil*</p> <p>50/50 Pasta</p> <p>Seasonal Vegetables</p> <p>Date & Coco Brownie</p>	<p>Sliced Roast Lamb</p> <p>Quorn Fillet</p> <p>Roast Potatoes</p> <p>Carrots</p> <p>Apple Crumble & Custard</p> <p><i>This dessert contains 50% fruit</i></p>	<p>Chicken Curry*</p> <p>Vegetable, Pea & Potato Curry*</p> <p>50/50 Rice</p> <p>Green Beans</p> <p>Banana Bread</p>	<p>Cod Bites & Tomato Sauce</p> <p>Quorn Vegan Nuggets*</p> <p>Chunky Chips</p> <p>Baked Beans Or Peas</p> <p>Fruit Jelly</p> <p><i>This dessert contain 50% fruit</i></p>
Week 2	<p>Chicken Sausage*</p> <p>Fry's Braai Sausage*</p> <p>Mashed Potato & Gravy</p> <p>Baked Beans</p> <p>Marble sponge & Custard</p>	<p>Chicken Fajita*</p> <p>50/50 Rice</p> <p>Macaroni Cheese</p> <p>Broccoli</p> <p>Mango & Banana Muffins</p> <p><i>This dessert contains 50% fruit</i></p>	<p>Sliced Pork In Gravy</p> <p>Vegetable Pie</p> <p>Roast Potatoes</p> <p>Roasted Root Vegetables</p> <p>Fruit Crumble & Crème Fraiche</p> <p><i>This dessert contains 50% fruit</i></p>	<p>Beef Bolognaise </p> <p>Tomato Sauce*</p> <p>50/50 Pasta</p> <p>Sweetcorn</p> <p>Cornflake Cake</p>	<p>Baked Breaded Fish & Tomato Sauce</p> <p>Bean Burger*</p> <p>Chunky Chips</p> <p>Spaghetti Hoops Or Peas</p> <p>Ice Cream</p>
Week 3	<p>BBQ Pork Wedge</p> <p>Layered Italian Bake</p> <p>Seasoned Wedges</p> <p>Runner Beans</p> <p>Fruit Flapjack</p>	<p>Crunchy Topped Cowboy Pie</p> <p>Mixed Vegetable Risotto*</p> <p><i>This dish contains 50/50 Rice</i></p> <p>Bread Roll</p> <p>Garden peas</p> <p>Rhubarb & Custard Cake</p> <p><i>This dish contains 50% fruit</i></p>	<p>Roasted Chicken Fillet*</p> <p>Fry's Vegetarian Mince</p> <p>Shepherds*</p> <p>Roast Potatoes</p> <p>Sliced Carrots</p> <p>Chocolate Orange Muffin</p>	<p>Chicken & Basil* </p> <p>Vegetarian Bolognaise*</p> <p>50/50 Pasta</p> <p>Green Beans</p> <p>Chocolate Sponge & Chocolate Sauce</p>	<p>Salmon Fishcake & Tomato Sauce</p> <p>Puffed Cheese Roll</p> <p>Chunky Chips</p> <p>Baked beans Or Mixed</p> <p>Vegetables</p> <p>Fresh Fruit Salad</p> <p><i>This dish contains 100% fruit</i></p>