



W/C 8 th July	Monday	Tuesday Smoothie Bike	Wednesday	Thursday	Friday
Main Meal	Lemon and Herb Chicken Thighs <i>served with salsa on the side</i>	Oven Baked Turkey Steaks <i>with a rosemary & paprika creamy sauce on the side</i>	Beef Bolognese <i>served with garlic bread</i>	Chicken Burgers <i>served in a bun with sliced tomatoes & cheese</i>	Happy Holidays!
Vegetarian	Macaroni & Broccoli Cheese Bake <i>with sun-dried tomatoes</i>	Cheddar Cheese & Tomato Tart	Spinach & Butternut Squash Lasagne <i>with a cherry tomato & basil salad</i>	Vegetable Burgers <i>served in a bun with sliced tomato & cheese</i>	
Alternative	Oven Baked Jacket Potato <i>with baked beans</i>	Penne Pasta <i>with a creamy chicken sauce</i>	Oven Baked Jacket Potato <i>with tuna mayonnaise</i>	Penne Pasta <i>with a tomato sauce</i>	
On the Side	Mash Potatoes Sweetcorn Roasted Peppers	New Potatoes Steamed Carrots Curly Kale	Spaghetti Broccoli Garden Peas	Chunky Chips Garden Peas Baked Beans	
Daily Cold Dessert	Date & Banana Rice Crispy Cakes	Mixed Fruit Pots	Gatehouse Mess	Watermelon Slices	
Daily Desserts	Every day there will be a selection of: jelly, natural yoghurt with toppings, fresh whole & cut fruit pots				
Daily Salad	Sliced cucumber, tomatoes, grated carrots, mixed salad leaves, sweetcorn, grated cheese, coleslaw, dressings, pumpkin, sunflower seeds & fresh bread made in our kitchen				