

**WEEK 1 3rd Sep, 24th Sep, 15th Oct, 5th Nov, 26th Nov, 17th Dec, 7th Jan, 28th Jan**

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Jollof Rice	Meatballs with Tomato Sauce and Pasta	Beef Nacho Bake with Mexican Rice	Roast Chicken with Roast Potatoes and Gravy	Fish Fingers and Chips
Creamy Roasted Vegetable Sauce with Pasta	Lentil and Vegetable Cottage Pie	Vegetable Korma with Rice	Vegan Sausages with Roast Potatoes and Gravy	Veggie Fajitas with Chips
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna
Seasonal Vegetables				
Chocolate Orange Mousse	Apple Sponge with Custard	Fruit Crumble with Custard	Pineapple Sponge with Custard	Banana Muffin with Custard

All vegetarian meals are dairy free.

Dairy free mashed potatoes served daily as a carbohydrate alternative.

Seasonal vegetables include carrots, swede, broccoli, cauliflower, courgettes, aubergines, baked beans, butternut squash and cabbage.

**WEEK 2 10th Sep, 1st Oct, 12th Nov, 3rd Dec, 14th Jan, 4th Feb**

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Bar with Crispy Diced Potatoes	Beef Sausages with Mashed Potatoes and Gravy	Beef Lasagne	Roast Chicken with Roast Potatoes and Gravy	Jumbo Fish Finger and Wedges
Veggie Burger with Crispy Diced Potatoes	Vegan Sausages with Mashed Potatoes and Gravy	Tofu and Veggie Chimichanga	Sage and Onion Loaf with Roast Potatoes and Gravy	Lentil Chilli and Wedges
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna
Seasonal Vegetables				
Banoffee Sponge with Custard	Chocolate and Pear Cake with Custard	St Clements Sponge with Custard	Carrot Cake with Custard	Vanilla Shortbread with Custard

All vegetarian meals are dairy free.

Dairy free mashed potatoes served daily as a carbohydrate alternative.

Seasonal vegetables include carrots, swede, broccoli, cauliflower, courgettes, aubergines, baked beans, butternut squash and cabbage.

**WEEK 3 17th Sep, 8th Oct, 29th Oct, 19th Nov, 10th Dec, 21st Jan, 11th Feb**

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese	Chunky Beef Pie with Puff Pastry Top and Mashed Potatoes	Chilli Con Carne with Rice	Roast Chicken with Mashed Potatoes and Gravy	Salmon Fish Fingers and Chips
Butternut Squash and Vegetable Pie with Mashed Potatoes	Veggie Pasta with Parsley Potatoes	Sweet Potato and Lentil Curry with Rice	Vegetable Hot Pot with Mashed Potatoes	Toft Fajita Stir Fry with Chips
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Plain Tuna
Seasonal Vegetables				
Apple Crumble with Custard	Chocolate Mousse	Banana Cake with Custard	Pear Sponge with Custard	Sticky Toffee Pudding with Custard

All vegetarian meals are dairy free.

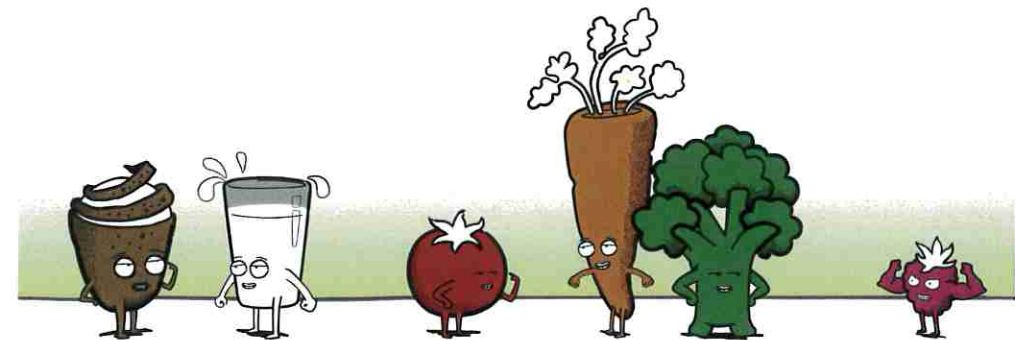
Dairy free mashed potatoes served daily as a carbohydrate alternative.

Seasonal vegetables include carrots, swede, broccoli, cauliflower, courgettes, aubergines, baked beans, butternut squash and cabbage.

**A Gluten free and Dairy free menu is available on request, please email [allergens@ainp.co.uk](mailto:allergens@ainp.co.uk) with the name of the school which your child will be attending. You will then be sent the Gluten or Dairy free standard menu for that school. For any further additional allergen requirements please email [allergens@ainp.co.uk](mailto:allergens@ainp.co.uk) with the name of the school which your child will be attending.**

Fresh seasonal salad and bread available daily.

Fresh fruit, yoghurt and fruit jelly available daily as an alternative to the dessert of the day.



Seafood with this mark comes from an MSC certified sustainable fishery. MSC-C-52628