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| **XP**  **Week 3 AUTUMN/WINTER TERM 2021/22 - Secondary** | | | | | |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| *Meal of the day*  *Choice of* | Margherita pizza  Jacket wedges  Sweetcorn  Mixed salad  Cornflake tart & custard  Plain cookie  Yoghurt  Piece of whole fruit | Spaghetti Bolognese  Vegetarian Bolognese  Garlic slice  Garden peas  Coleslaw  Sticky toffee sponge & custard  Flapjack  Yoghurt  Piece of whole fruit | Roast Turkey, stuffing & gravy  Vegan roll & gravy  Roast Potatoes  Cauliflower  Sliced carrots  Chocolate crunch & custard  Shortbread  Yoghurt  Piece of whole fruit | Beef burger in a bap  Vegetarian burger in a bap  Jacket wedges  Sweetcorn  Garden peas  American pancake with banana & honey  Coconut cookie  Yoghurt  Piece of whole fruit | Battered Fish  Lemon wedge  Tomato ketchup  Fingerless fingers  Chips  Mushy peas  Baked beans  Marble Muffin  Oatmeal cookie  Yoghurt  Piece of whole fruit |
| *Cold baguettes* | Cheese  Ham  Tuna Mayonnaise  Salad garnish | Cheese  Ham  Tuna Mayonnaise  Salad garnish | Cheese  Ham  Tuna Mayonnaise  Salad garnish | Cheese  Ham  Tuna Mayonnaise  Salad garnish | Cheese  Ham  Tuna Mayonnaise  Salad garnish |
| *Jacket potato/*  *Pasta option* | Jacket potato  Cheese  Baked beans  Salad garnish | Jacket potato  Cheese  Baked beans  Tuna mayonnaise  Salad garnish | Penne pasta  Cheese  Baked beans  Tuna mayonnaise  Salad garnish | Penne pasta  Cheese  Baked beans  Tuna mayonnaise  Salad garnish | Jacket potato  Cheese  Baked beans  Tuna mayonnaise  Salad garnish |
| *Panini* | Cheese & tomato  Salad garnish | Sausage & cheese  Salad garnish | Ham & cheese  Salad garnish | Tuna & cheese  Salad garnish | Cheesy pizza  Salad garnish |
| *Choice of Cake or Cookie* | Vanilla cookie  Muffin | Toffee sponge  Flapjack | Chocolate crunch  Shortbread | Coconut cookie  Cupcake | Marble muffin  Oatmeal cookie |