



SPONNE
School

WEEK 1	Classic Favourites	EASTERN	Great British	SOUTHERN STYLE	Fish & Chips
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	BEEF & TOMATO RAGOUT Pasta	KUNG PAO CHICKEN Rice	LEMON & THYME ROAST CHICKEN LEG Roast Potatoes & Gravy	CHICKEN KATSU CURRY Rice	CHIP SHOP 'FRYDAY' FISH, PIZZA, SAUSAGE OR FISHCAKE Chips & Peas
VEGETARIAN MEAL	PLANT BASED RAGOUT Pasta	ASIAN VEGETABLE & NOODLE STIR FRY	MACARONI CHEESE WITH A CRUNCHY TOPPING	EGG PLANT KATSU CURRY Rice	JAMAICAN SQUASH PASTY
VEGETABLES	SALAD	CARROT & SESAME SALAD	SEASONAL VEGETABLES	STIR FRY VEGETABLES	PEAS CHIPS
PASTA POTS	TOMATO & BASIL				
JACKET POTATO	TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
DESSERT	MIXED BERRY & APPLE CRUMBLE Custard	LEMON & LIME CHEESECAKE	SYRUP SPONGE Custard	SELECTION OF ICE CREAMS & FROZEN YOGHURTS WITH TOPPINGS	CHOCOLATE SPONGE Chocolate Sauce
FRUIT POT	SELECTION OF FRUIT POTS AVAILABLE DAILY				
JELLY POTS	SELECTION OF JELLY POTS AVAILABLE DAILY				
YOGHURT POTS	SELECTION OF YOGHURT POTS AVAILABLE DAILY				



TRY OUR HOME-MADE
SOUP
WITH FRESHLY BAKED BREAD

LOOK OUT FOR
AMAZING BLUE DOT
MEAL DEALS

PIZZAS, WRAPS & PANINIS
FRESH OPTIONS
EVERY DAY

TAKE HOME A
TAKEAWAY
Collect Before You Go Home

LUNCH MEAL DEAL
Check out what's on
offer today!

WATCH OUT FOR OUR
POP UP
& STREET FOOD
PROMOTIONS

All of Our Deli Range,
Sandwiches, Salads
& Desserts are
**FRESHLY MADE
HERE DAILY**



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WEEK 2	Classic Favourites	EASTERN	Great British	SOUTHERN STYLE	Fish & Chips
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	TRADITIONAL SAUSAGE & MASH Gravy	THAI RED CHICKEN CURRY Rice	ROAST TURKEY Roast Potatoes & Gravy	MONGOLIAN GROUND BEEF CURRY Vegetable Fried Rice	CHIP SHOP 'FRYDAY' FISH, PIZZA, SAUSAGE OR FISHCAKE Chips & Peas
VEGETARIAN MEAL	VEGAN SAUSAGE & MASH Gravy	GOAN SWEET POTATO & CHICKPEA CURRY Rice	CHEDDAR, BROCCOLI & LEEK QUICHE	EDAMAME BEAN & VEGETABLE SPRING ROLL Vegetable Fried Rice	CRISPY ONION PAKORA BURGER WITH MANGO CHUTNEY
VEGETABLES	PEAS CARROTS	STIR FRIED GREENS	SEASONAL VEGETABLES SEASONAL SALAD	ASIAN SLAW	PEAS CHIPS
PASTA POTS	TOMATO & BASIL	CHEF SPECIAL	TOMATO & BASIL	CHEF SPECIAL	TOMATO & BASIL
JACKET POTATO	TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
DESSERT	CLASSIC APPLE PIE Custard	APPLE & BLACKBERRY CRUMBLE	JAM SPONGE Custard	PEAR & GINGER CRUMBLE Cinnamon Custard	BOSTON BROWNIE Chocolate Sauce
FRUIT POT	SELECTION OF FRUIT POTS AVAILABLE DAILY				
JELLY POTS	SELECTION OF JELLY POTS AVAILABLE DAILY				
YOGHURT POTS	SELECTION OF YOGHURT POTS AVAILABLE DAILY				



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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Classic Favourites	Classic Favourites	EASTERN	Great British	SOUTHERN STYLE	Fish & Chips
MAIN MEAL	BEEF MEATBALLS IN A TOMATO & BASIL SAUCE Garlic Bread	LEBANESE CHICKEN & TOMATO CURRY Cous Cous	SALT & PEPPER CHICKEN Roast Potatoes & Gravy	MEXICAN SPICED BEEF Nachos, Rice, Salsa	CHIP SHOP 'FRYDAY' FISH, PIZZA, SAUSAGE OR FISHCAKE Chips & Peas
VEGETARIAN MEAL	PLANT BASED MEATBALL PASTA BAKE Garlic Bread	AUBERGINE & CHICKPEA CURRY Rice	ROASTED BUTTERNUT SQUASH WELLINGTON Roast Potatoes & Gravy	MIXED BEAN CHILLI Nachos, Rice, Salsa	CURRIED CAULIFLOWER & SPINACH FLATBREAD & HARISSA HOUMOUS
VEGETABLES	GARDEN SALAD	SALAD	SEASONAL VEGETABLES	SWEETCORN	PEAS CHIPS
PASTA POTS	TOMATO & BASIL	CHEF SPECIAL	TOMATO & BASIL	CHEF SPECIAL	TOMATO & BASIL
JACKET POTATO	TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
DESSERT	WAFFLE BAR Fruit Compote	SPICED APPLE SPONGE Cinnamon Custard	STICKY LEMON SPONGE Custard	CHOCOLATE COOKIE TRIFLE	CHOCOLATE BROWNIE Vanilla Sauce
FRUIT POT	SELECTION OF FRUIT POTS AVAILABLE DAILY				
JELLY POTS	SELECTION OF JELLY POTS AVAILABLE DAILY				
YOGHURT POTS	SELECTION OF YOGHURT POTS AVAILABLE DAILY				



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