



ALL MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the day BBQ chicken served with steamed basmati rice	Dish of the day Chefs' special lasagne	Dish of the day Butcher's sausage and Yorkshire pudding	Dish of the day Chicken tikka masala Mint raita	Dish of the day Fish Friday
Vegetarian option Mixed bean with crunchy gnocchi topping in a rich tomato sauce	Vegetarian option Sweet potato and spinach lasagne	Vegetarian option Vegetable Sausage and Yorkshire pudding	Vegetarian option Crispy tikka cauliflower	Vegetarian option Mexican quesadillas Tomato salsa and sour cream
Sides Pasta Steamed sweetcorn	Sides Sauté potatoes Buttered sweetcorn Garlic bread	Sides Mashed Potato Honey roasted Carrots Seasonal greens	Side Garlic mushroom and green beans Indian nan bread Pilau rice	Sides French Fries Mushy peas Cajun coleslaw
Jacket potato Served with choice of beans, cheese, coleslaw or tuna	Pasta Bar Served with a rich tomato Sauce	Jacket potato Served with choice of beans, cheese, coleslaw, or tuna	Pasta Bar Served with choice of beans, cheese, coleslaw, or tuna	Jacket Potato Served with choice of beans or cheese
Dessert Yoghurt bar and toppings Fresh fruit	Dessert Topped cheesecake Fresh Fruit	Dessert Steamed sponge pudding Fresh Fruit	Dessert Yoghurt Bar Fruit jelly	Dessert Ice cream Fruit sorbet



COGNITA

An inspiring world of education

Week commencing

21/11/2022



ALL MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the day Penne pasta and a selection of sauces	Dish of the day Hash of the day	Dish of the day Roast chicken Sage and onion stuffing	Dish of the day Hoisin pork fried rice	Dish of the day Pulled chicken slider
Vegetarian option Lentil bolognaise	Vegetarian option Bubble and squeak	Vegetarian option Cauliflower and chickpea gratin	Vegetarian option Tofu fried rice with crispy cabbage	Vegetarian option 5-a-day veggie slider
Sides Steamed sweetcorn Green leaf salad Garlic infused bread	Sides Fried eggs Sautéed red cabbage	Sides Roast potatoes Medley of vegetable Garden peas	Sides Steamed soy and ginger Chinese vegetables	Sides Chunky chips Roasted peppers & courgette Baked beans
Jacket Potatoes Served with choice of beans, cheese, coleslaw, or tuna	Pasta Bar Served with a rich tomato sauce	Jacket potato Served with choice of beans, cheese, coleslaw, or tuna	Pasta Served with a roasted tomato sauce	Jacket potato Served with cheese, baked beans
Dessert Yoghurt bar Fresh fruit platter	Dessert Homemade cookies Fresh fruit	Dessert Fresh fruit Fruit crumble served with crème fraiche	Dessert Fresh fruit Yoghurt bar and toppings	Dessert Fruit and oatmeal muffins



COGNITA

An inspiring world of education

Week commencing

07/11/2022

28/11/2022



ALL MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the day Hot sandwich bar	Dish of the day Salmon and broccoli linguine or tuna pasta bake	Dish of the day Chefs homemade pie	Dish of the day Chicken korma Tri coloured pilau rice	Dish of the day Street food Friday
Vegetarian option Vegetable frittata	Vegetarian option Oomph pulled macaroni cheese and crunchy leeks	Vegetarian option Vegetable crumble	Vegetarian option Spinach and potato curry	Vegetarian option Sweet chilli halloumi stack
Sides Crispy potato wedges House salad Peas and sweetcorn in herb dressing	Sides Garlic bread Roasted roots	Sides Roast potato Honey and thyme carrots Seasonal vegetables	Sides Sticky cauliflower and broccoli wings Garlic nan bread	Sides Mushy peas French fries
Jacket potato Served with choice of beans, cheese, coleslaw, or tuna	Pasta Bar Served with a rich tomato sauce	Jacket potato Served with choice of beans, cheese, coleslaw, or tuna	Pasta Bar Served with a rich tomato Sauce	Jacket potato Served with choice of beans, cheese, coleslaw, or tuna
Dessert Yoghurt bar and toppings Fresh fruit	Dessert Loaded fruit mousse Fresh Fruit	Dessert Chocolate and beetroot loaded cake	Dessert Yoghurt Bar Fruit jelly	Dessert Doughnuts



COGNITA

An inspiring world of education

Week commencing 14/11/2022