

Week commencing: 03.01 / 24.01 / 14.02

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	Butchers Sausages in Onion gravy served in a Yorkshire Pudding*	Homemade Meatballs in Arrabiata sauce*	Roast Pork With gravy*	Chicken Korma*	Fish fingers*
Allergens	G,D			G,M	G,F
Main Course (Vegetarian)	Veggie Sausages in a Onion gravy served in a Yorkshire Pudding	Broccoli and Cauliflower Cheese*	Quorn Roast with gravy	Sweet Potato and Chickpea Curry*	Cheese and Tomato puff
Allergens	G	D	E,C,M,G	G,M	D,G
Served with	Fluffy Mashed Potato	Spaghetti*	Roast potatoes	Rice	Chips
Allergens		G			
Sides	Sweetcorn	Peas	Cabbage	Peas	Spaghetti hoops
Sides	Mixed salad	Carrots	Green Beans	Sweetcorn	Peas
Alternative light bites	Jacket potato with Cheese, Baked Beans, Tuna OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Tuna OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Salmon OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Salmon OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Tuna OR Ham, Tomato pasta
Allergens	G,F,D	G,F,D	G,F,D	G,F,D	G,F,D
Pack lunch	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Salmon Baguette	Ham, Cheese, Egg, Salmon Baguette	Ham, Cheese, Egg Baguette
Allergens	E,D,F,G	E,F,D,G	E,D,F,G	E,D,F,G	E,D,F,G
Pudding	Oaty cookie*	Chocolate sponge with custard*	Strawberry jelly	Fruity Flapjack*	Strawberry ice cream
Allergens	G	G,D,E		G	D
Pudding	Low fat mixed fruit yoghurt or Fresh fruit option	Low fat mixed fruit yoghurt or Fresh fruit option	Low fat mixed fruit yoghurt or Fresh fruit option	Low fat mixed fruit yoghurt or fresh fruit option	Low fat mixed fruit yoghurt or fresh fruit option
Allergens	D	D	D	D	D
Allergens meaning	(E) Egg, (C) Celery, (SO) Soy, (M) Mustard, (S) Sulphites, (G) Gluten, (D) Dairy, (F) Fish, (CR) Crustaceans				

*Please note, all starred items will have a similar or identical GF substitute.

Week commencing: 10.01 / 31.01

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	Italian Pasta Bolognese*	Beef Burger in a bun*	Roast Gammon*	Chicken and Sweetcorn Pie in gravy*	Cod Fillet*
Allergens	G,D	G		G,D	G,F,D
Main Course (Vegetarian)	Crunchy topped Macaroni cheese*	Veggie Burger in a bun	Roasted Quorn fillet	Cheese and Red Onion tart	Quorn Dippers
Allergens	G,D	G	E,C,M,G	D,G	G
Served with	Garlic Bread*	Sweet Potato Wedges	Roast Potatoes	New Potatoes	Chips
Allergens	G			D	
Sides	Sweetcorn	Mixed salad	Broccoli	Carrots	Baked Beans
Sides	Peas	coleslaw	Cauliflower	Peas	Peas
Alternative light bite	Jacket potato with Cheese, Baked Beans, Tuna OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Tuna OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Salmon OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Salmon OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Salad, Tomato pasta
Allergens	D,F	D,F	D,F	D,F	D
Pack lunch	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Salmon Baguette	Ham, Cheese, Egg, Salmon Baguette	Ham, Cheese, Egg Baguette
Allergens	G,D,E,F	G,D,E,F	G,D,E,F	G,D,E,F	G,D,E
Pudding	Chocolate mousse with raspberries	Jam Sponge and Custard*	Shortbread*	Orange jelly with fruit	Frozen Raspberry smoothie
Allergens	D	D,E,G	G		
Pudding	Low fat mixed fruit yogurt or Fresh fruit option	Low fat mixed fruit yoghurt or fresh fruit option	Low fat mixed fruit yoghurt or fresh fruit option	Low fat mixed fruit yoghurt or fresh fruit option	Low fat mixed fruit yoghurt or fresh fruit option
Allergens	D	D	D	D	D
Allergens meaning	(E) Egg, (C) Celery, (SO) Soy, (M) Mustard, (S) Sulphites, (G) Gluten, (D) Dairy, (F) Fish, (CR) Crustaceans				

*Please note, all starred items will have a similar or identical GF substitute.

Week commencing: 17.01 / 07.02

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	Chicken and Chorizo pasta bake*	Butchers hot dog*	Roast Beef*	Beef meatballs in tomato sauce*	Cod Bites*
Allergens	G,D	G			F,G,D
Main Course (Vegetarian)	Veggie Frittata*	Veggie Hot dog	Veggie Lasagne	Vegetarian Korma served with Rice and Naan bread*	Cheese and Tomato puff
Allergens	D,E	G	G,D	G,M	D,G
Served with	Garlic Bread*	Potato Wedges	Roast Potatoes	Pasta*	Chips
Allergens	G			G	
Sides	Salad	Baked beans	Carrots	Broccoli	Peas
Sides	Sweetcorn	Roasted tomato	Peas	Cauliflower	Baked beans
Alternative light bite	Jacket potato with Cheese, Baked Beans, Tuna OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Tuna OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Salmon OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Salmon OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans or Salad
Allergens	G,D,E,F	G,D,E,F	G,D,E,F	G,D,E,F	G,D
Pack lunch	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Salmon Baguette	Ham, Cheese, Egg, Salmon Baguette	Ham, Cheese, Egg Baguette
Allergens	G,D,E,F	G,D,E,F	G,D,E,F	G,D,E,F	G,D,E
Pudding	Chocolate rice krispie*	Ginger cookie*	Strawberry mousse	Fresh fruit salad	Vanilla ice cream
Allergens	D	G	D		D
Pudding	Low fat mixed fruit yogurt or Fresh fruit option	Low fat mixed fruit yoghurt or fresh fruit option	Low fat mixed fruit yoghurt or fresh fruit option	Low fat mixed fruit yoghurt or fresh fruit	Low fat mixed fruit yoghurt or fresh fruit
Allergens	D	D	D	D	D
Allergens meaning	(E) Egg, (C) Celery, (SO) Soy, (M) Mustard, (S) Sulphites, (G) Gluten, (D) Dairy, (F) Fish, (CR) Crustaceans				

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