

Week commencing: 08/01, 29/01, 19/02, 11/03

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course (Meat)</b>	Cheese & Tomato Pizza *	Cowboy Pie*	Roast Gammon *	Mince & Tatties *	Fish Fingers *
<b>Allergens</b>	<b>G,D</b>	<b>GD</b>		<b>G</b>	<b>F,G</b>
<b>Main Course (Vegetarian)</b>	Tomato & Halloumi Pasta**	Veggie Cottage Pie	Butternut Squash & Mushroom Pie	Spiced Veggie Mince with Couscous	Lentil Nuggets
<b>Allergens</b>	<b>D,G</b>	<b>D,</b>	<b>D,G</b>	<b>D</b>	<b>G,D</b>
<b>Served with</b>	Salad		Roast potato		Chips
<b>Allergens</b>					
<b>Sides</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal vegetables	Seasonal Vegetables	Baked Beans
<b>Sides</b>					Peas
<b>Alternative light bites</b>	Jacket potato with Cheese, Baked Beans, Egg OR Ham, Salad, Tomato Pasta*	Jacket potato with Cheese, Baked Beans, Tuna, Egg OR Ham, Salad, Tomato Pasta*	Jacket potato with Cheese, Baked Beans, Tuna, Egg OR Ham, Salad, Tomato pasta	Jacket potato with Cheese, Baked Beans, Salmon, Egg or Ham, Salad, Tomato Pasta*	Jacket potato with Cheese, Baked Beans, Egg or Ham Salad, Tomato Pasta*
<b>Allergens</b>	<b>D,F,G,E</b>	<b>D,F,G,E</b>	<b>D,F,G,E</b>	<b>D,F,G,E</b>	<b>D,G,E</b>
<b>Pack lunch</b>	Ham, Cheese, Egg, Baguette	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Salmon Baguette	Ham, Cheese, Egg Baguette
<b>Allergens</b>	<b>G,D,E</b>	<b>G,D,E,F</b>	<b>G,D,E,F</b>	<b>G,D,E,F</b>	<b>G,D,E</b>
<b>Pudding</b>	Iced Apple Sponge	Raspberry Cheesecake	Cranberry Oat Cookie	Peach & Chocolate Sponge with Custard	Strawberry Mousse
<b>Allergens</b>	<b>G,D,E</b>	<b>D,G</b>	<b>D,G</b>	<b>D,G,E</b>	<b>D</b>
<b>Pudding</b>	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
<b>Allergens</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>
<b>Allergens meaning</b>	(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 sub

Week commencing: 15/01, 05/02, 26/02, 18/03

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course (Meat)</b>	Macaroni Cheese*	Chicken Korma	Mince Beef & Vegetable Pie	Smoky Bacon & Tomato spaghetti*	Chicken Nuggets
<b>Allergens</b>	<b>G,D</b>		<b>G</b>	<b>D,G</b>	<b>G,D</b>
<b>Main Course (Vegetarian)</b>	Spinach, New Potato & Tomato Bake*	Roasted Cauliflower, Chickpea & Coconut Curry	Bean & Halloumi Stew	Cheesy Broccoli Stuffed Potatoes	Quorn Dippers
<b>Allergens</b>	<b>G,D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>G,D</b>
<b>Served with</b>	Salad	Rice	Mash potatoes	Garlic bread	Chips
<b>Allergens</b>			<b>D</b>	<b>G</b>	
<b>Sides</b>	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Baked Beans
<b>Sides</b>					Peas
<b>Alternative light bite</b>	Jacket potato with Cheese, Baked Beans, Egg or Ham, Salad, Tomato Pasta*	Jacket potato with Cheese, Baked Beans, Tuna, Egg OR Ham, Salad, Tomato Pasta*	Jacket potato with Cheese, Baked Beans, Tuna, Egg or Chicken mayo ham, Salad, Tomato Pasta*	Jacket potato with Cheese, Baked Beans, Salmon, Egg or Ham, Salad, Tomato Pasta*	Jacket potato with Cheese, Baked Beans, Egg or Ham Salad, Tomato Pasta*
<b>Allergens</b>	<b>D,F,G,E</b>	<b>D,F,G,E</b>	<b>D,F,G,E</b>	<b>D,F,G,E</b>	<b>D,E,G</b>
<b>Pack lunch</b>	Ham, Cheese, Egg Baguette	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Salmon Baguette	Ham, Cheese, Egg Baguette
<b>Allergens</b>	<b>G,D,E</b>	<b>G,D,E,F</b>	<b>G,D,E,F</b>	<b>G,D,E,F</b>	<b>G,D,E</b>
<b>Pudding</b>	Orange & Cranberry Cookie	Strawberry Jelly with Fruit	Jam Tart & Custard	Beetroot Brownie	Blueberry Muffin
<b>Allergens</b>	<b>G,D</b>		<b>G,D</b>	<b>G,D,E</b>	<b>G,D,E</b>
<b>Pudding</b>	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
<b>Allergens</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>
<b>Allergens meaning</b>	(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: 01/01, 22/01, 12/02, 04/03, 25/03

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course (Meat)</b>	5 Bean Chilli Wrap*	Pepperoni Pizza*	Roast Pork*	Chicken Chorizo Jambalaya*	Sausages*
<b>Allergens</b>	<b>G,</b>	<b>G,D</b>			<b>G</b>
<b>Main Course (Vegetarian)</b>	Cheese & Onion Quiche	Creamy Mushroom & Spinach lasagne	Quorn fillets	Cheese & Tomato puffs	Vegetarian Sausages
<b>Allergens</b>	<b>D,G</b>	<b>G,D</b>	<b>G</b>	<b>D,E,G</b>	<b>E,D,G</b>
<b>Served with</b>	New potato	Salad	Roast Potatoes	naan bread,Rice	Chips
<b>Allergens</b>				<b>G,D</b>	
<b>Sides</b>	Seasonal veg	Seasonal veg	Seasonal veg	Seasonal veg	Baked Beans
<b>Sides</b>					Peas
<b>Alternative light bite</b>	Jacket potato with Cheese, Baked Beans, Egg or Ham, Salad, Tomato Pasta*	Jacket potato with Cheese, Baked Beans, Tuna, Egg OR Ham, Salad, Tomato Pasta*	Jacket potato with Cheese, Baked Beans, Tuna, Egg or Ham, Salad, Tomato Pasta*	Jacket potato with Cheese, Baked Beans, Salmon, Egg or Ham, Salad, Tomato Pasta*	Jacket potato with Cheese, Baked Beans, Egg or Ham Salad, Tomato Pasta*
<b>Allergens</b>	<b>G,D,E,</b>	<b>G,D,E,F</b>	<b>G,D,E,F</b>	<b>G,D,E,F</b>	<b>G,D,E</b>
<b>Pack lunch</b>	Ham, Cheese, Egg, Baguette	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Tuna Baguette	Ham, Cheese, Egg, Salmon Baguette	Ham, Cheese, Egg Baguette
<b>Allergens</b>	<b>G,D,E,F</b>	<b>G,D,E,F</b>	<b>G,D,E,F</b>	<b>G,D,E,F</b>	<b>G,D,E</b>
<b>Puddings</b>	Fruit Flapjack	Apple Crumble & Custard	Raspberry Muffins	Rice Krispie cake	Mango & Coconut Sponge
<b>Allergens</b>	<b>G,D</b>	<b>G,D</b>	<b>D,G,E</b>	<b>G,D</b>	<b>D,G,E</b>
<b>Pudding</b>	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
<b>Allergens</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>	<b>D</b>
<b>Allergens meaning</b>	(E) Egg, (C) Celery, (SO) Soy, (M) Mustard, (S) Sulphites, (G) Gluten, (D) Dairy, (F) Fish, (CR) Crustaceans				

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