

Week commencing 01/09, 22/09, 13/10, 10/11, 01/12

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	BBQ Base Cheese Pizza	Beef and Bean Enchiladas	Roast Pork	Chicken Korma	Sausages
Allergens	G, D	G		D, M	
Main Course (Vegetarian)	Cheese and Tomato Pizza	Veggie and Bean Enchiladas	Quorn Fillet	Veggie Korma	Veggie Sausage
Allergens	G, D	G, E	G	D, M	G
Served with			Roast Potato	Rice	Chips
Allergens					
Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas
Sides					Baked beans
Alternative light bites	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Salmon, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad
Allergens	D, G, E,	D, G, E, F	D, G, E, F	D, G, E, F	D, G, E
Pudding	Chocolate and Raspberry Mousse	Ginger Cookie	Blueberry Muffin	Fruity Flapjack	Ice Cream
Allergen	D	D, G	D, G, E	D, G	D
Pudding	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	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				

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

Week commencing: 08/09, 29/09, 20/10, 17/11, 08/12

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	Bean and Halloumi Stew	Meatballs	Roast Chicken	Smoky Bacon and Tomato Pasta	Fish Fingers
Allergens	D	SO		G	F, G
Main Course (Vegetarian)	Cheese and Onion Quiche	Veggie Meatballs	Broccoli Cheese	Spinach and New Potato Bake	Veggie Burger
Allergens	D, G, E	SO	D, G		G, D
Served with		Mash Potato	Roast Potatoes		Chips
Allergens					
Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas
Sides					Baked beans
Alternative light bite	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Tomato Pasta*	Jacket potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Salmon, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad
Allergens	D, E, G	D, E, G, F	D, E, G, F	D, E, G, F	D, G, E
Pudding	Apricot and Oat Cookie	Jelly and Mandarin	Jam and Coconut Sponge	Sultana Muffin	Ice Cream
Allergens	D, G		G, D, E	D, G, E	D
Pudding	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	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				

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

Week commencing: 15/09, 06/10, 03/11, 24/11, 15/12

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	Cheese and Tom Pizza	Tacos	Roast Gammon	Chicken Tikka	Chicken Nuggets
Allergens	G, D	SO		D, M, E	G, D, SO
Main Course (Vegetarian)	Cheese and Tomato Puffs	Quorn Tacos	Quorn Fillets	Veggie Tikka	Lentil Nuggets
Allergens	G, D	SO	G	D, M, E	G, D
Served with			Roast Potatoes	Rice	Chips
Allergens					
Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas
Sides					Baked beans
Alternative light bite	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Tomato Pasta*	Jacket potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Salmon, Tomato Pasta*	Jacket Potato or Baguette with Cheese, Baked Beans, Egg OR Ham, Salad
Allergens	D, G, E	D, G, E, F	D, G, E, F	D, G, E, F	D, G
Puddings	Beetroot Brownie	Forest Fruit Cheesecake	Raspberry Muffin	Peach Sponge	Ice Cream
Allergens	G, D, E	D, G	G, D, E	G, D, E	D
Pudding	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	Low fat mixed Fruit Yoghurt or Fresh Fruit	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				

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