

Week commencing 05/01, 26/01, 23/02, 16/03, 20/04, 11/05

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	Macaroni Cheese*	Chinese Chicken Curry*	Gammon*	Pasta Carbonara*	Fish Fingers*
Allergens	D, G			G, D	F, G
Main Course (Vegetarian)	Veggie Fajitas (Quorn)	Creamy Halloumi & Tomato Curry*	Quorn Fillet	Veggie Carbonara	Cheese & Onion Puffs
Allergens	G	D	G, SO	G, D	D, G, E
Served with			Roast Potato		Chips
Allergens					
Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas
Sides					Baked beans
Alternative light bites	Jacket Potato/Baguette with Cheese, Baked Beans, Egg, Ham, Salad, Tomato Pasta*	Jacket Potato/ Baguette with Cheese, Baked Beans, Egg, Ham, Salad, Tuna, Tomato Pasta*	Jacket Potato/Baguette with Cheese, Baked Beans, Egg, Ham, Salad, Tuna, Tomato Pasta*	Jacket Potato/Baguette with Cheese, Baked Beans, Egg, Ham, Salad, Tuna, Salmon, Tomato Pasta*	Jacket Potato/Baguette with Cheese, Baked Beans, Egg ,Ham, Salad
Allergens	D, G, E,	D, G, E, F	D, G, E, F	D, G, E, F	D, G, E
Pudding	Raspberry & Honey Flapjack	Apple Sponge	Jelly & Fruit*	Cranberry Oatie Cookie	Ice Cream*
Allergen	G, D	G, D, E		G, D	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: 12/01, 02/02, 02/03, 23/03, 27/04, 18/05

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	Cheese & Tomato Pizza*	Chorizo Chilli Pasta*	Mince Beef Pie	Chicken Korma*	Chicken Nuggets*
Allergens	G, D	G	G, E, D		G, D, SO
Main Course (Vegetarian)	Cheese & Tomato Puffs	Veggie Pasta Bake (Quorn)	Veggie Pie (Quorn)	Quorn Korma	Veggie Burgers
Allergens	G, D, E	G, SO	G, E, D, SO		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/Baguette with Cheese, Baked Beans, Egg, Ham, Salad, Tomato Pasta*	Jacket Potato/Baguette with Cheese, Baked Beans, Egg, Ham, Salad, Tuna, Tomato Pasta*	Jacket Potato/Baguette with Cheese, Baked Beans, Egg, Ham, Salad, Tuna, Tomato Pasta*	Jacket Potato/Baguette with Cheese, Baked Beans, Egg, Ham, Salad, Tuna, Salmon, Tomato Pasta*	Jacket Potato/Baguette with Cheese, Baked Beans, Egg, Ham, Salad
Allergens	D, E, G	D, E, G, F	D, E, G, F	D, E, G, F	D, G, E
Pudding	Cherry Shortbread	Jam Coconut Sponge	Chocolate Mousse & Peaches	Lemon Iced Sponge	Ice Cream*
Allergens	D, G	D, G, E	D	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: 19/01, 09/02, 09/03, 30/03, 04/05

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main course (Meat)	Cheesy Beans Loaded Potato Skins*	Mince Pasta Bake*	Pork*	Butter Chicken Curry*	Sausages*
Allergens	D	G		D	
Main Course (Vegetarian)	Cheesy Broccoli Loaded Potato Skins*	Quorn Pasta Bake	Broccoli & Cauliflower Cheese*	Butter Curry (Quorn)	Veggie Sausages
Allergens	D	G, SO	D	D,	G
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/Baguette with Cheese, Baked Beans, Egg, Ham, Salad, Tomato Pasta*	Jacket Potato/Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Tomato Pasta*	Jacket Potato/Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Tomato Pasta*	Jacket Potato/Baguette with Cheese, Baked Beans, Egg OR Ham, Salad, Tuna, Salmon, Tomato Pasta*	Jacket Potato/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	Chocolate & Ginger Cookie	Raspberry & Apple Crumble Squares	Mango & Coconut Sponge	Raspberry & Chocolate Rice Crispie	Ice Cream*
Allergens	D, G	D, G, E	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 substitute.