



WEEK 1	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Vegetarian Burger Bun served with Corn Cobette & Homemade Coleslaw (MILK, GLUTEN, EGG, SESAME)	Sausage served with Mashed Potato & Gravy (CELERY, SO2)	Roast Pork and Stuffing served with Roast Potatoes and Gravy (GLUTEN, SO2)	Large Yorkshire Pudding filled with Savoury Turkey Mince served with Baby New Potatoes (GLUTEN, EGG, MILK)	Traditional Fish Cake or Salmon Fish Cake served with Chips (GLUTEN, FISH)
Vegetarian Main Course	Vegetable Lasagne served with Garlic Bread (GLUTEN, MILK, SOYA, EGG)	Vegetable Curry served with 50/50 Rice (GLUTEN, SOYA, MUSTARD, MILK, EGG, CELERY)	Quorn Sausage served with Stuffing, Roast Potatoes & Gravy (GLUTEN, SO2)	Quorn Dippers served with Baby New Potatoes (GLUTEN)	Creamy Vegetable Pie served with Chips (GLUTEN, MILK)
Vegetables	Peas & Sweetcorn	Cabbage & Diced Carrots	Broccoli & Diced Carrots	Swede & Green Beans	Peas & Baked Beans
Dessert	Viennese Whirl (GLUTEN, SOYA) Or Fruit Pot	Chocolate Brownie served with Creamy Chocolate Sauce (GLUTEN, MILK, EGGS) Or Fruit Pot	Orange Cookie (GLUTEN, MILK, EGG, SOYA) Or Fruit Boat	Lemon Madeira Cake (GLUTEN, EGG, SOYA) Or Fruit Pot	Strawberry Flapjack served with Custard (GLUTEN, MILK) Or Fruit Boat
Pasta Kitchen	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)		Pasta Kitchen (GLUTEN)
Grab n Go				Cheeseburger (GLUTEN, CELERY, MILK, SESAME)	

Fresh Baked Jacket Potato with
Choice of fillings
Cheese (Milk) Tuna (Eggs, Fish) Beans
available daily

Pick 'n' Mix Sandwich
Sandwich (Wheat, Soya)
Crudites Pot
Dessert
(See daily dessert allergen matrix)
Available daily

Fresh Bread (Wheat, Soya)
Cheese & Crackers (Gluten, Milk)
Salad Selection, Fresh Fruit and
Yoghurts (Milk)
available daily



WEEK 2	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Vegetarian Burrito (GLUTEN, MILK, EGGS, SO2)	Breaded Chicken Parmo with Wedges and Salad (SOYA, MILK, GLUTEN)	Roast Gammon and Stuffing served with Roast Potatoes and Gravy (WHEAT, SO2)	Homemade Minced Beef Pie Served with Rich Gravy and Mashed Potato (GLUTEN)	Fish Fingers and Chips (FISH, GLUTEN)
Vegetarian Main Course	Cheese and Tomato Pizza Served with Seasoned Diced Potatoes (CELERY, GLUTEN, EGGS, MILK, SOYA)	Vegetarian Cottage Pie (EGG, GLUTEN, SO2)	Quorn Fillet served with Roast Potatoes and Gravy (MILK, SO2, GLUTEN)	Vegetable Stew and Dumplings (GLUTEN)	Vegetable Fingers and Chips (GLUTEN)
Vegetables	Sweetcorn & Beans	Garden Peas & Carrots	Diced Carrots & Broccoli	Green Beans & Carrot Batons	Sweetcorn & Baked Beans
Dessert	Sticky Ginger Cake and Custard (GLUTEN) Or Fruit Pot	Apple Flapjack (GLUTEN) Or Fruit Kebabs	Syrup Roly Poly and Custard (MILK, GLUTEN) Or Fruit Boat	Courgette Sponge (GLUTEN) Or Fruit Pot	Cherry Shortcake Biscuit (GLUTEN) Or Fruit Boat
Pasta Kitchen	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)		Pasta Kitchen (GLUTEN)
Grab n Go				Brunch Wrap (GLUTEN)	

Fresh Baked Jacket Potato with
Choice of fillings
Cheese (Milk) Tuna (Eggs, Fish) Beans
available daily

Pick 'n' Mix Sandwich
Sandwich (Wheat, Soya)
Crudites Pot
Dessert
(See daily dessert allergen matrix)
Available daily

Fresh Bread (Wheat, Soya)
Cheese & Crackers (Gluten, Milk)
Salad Selection, Fresh Fruit and
Yoghurts (Milk)
available daily





WEEK 3	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cheese and Tomato Pizza with Potato Wedges (GLUTEN, MILK, SO2)	Chilli Con Carne (GLUTEN, SOYA, SO2)	Roast Turkey, Yorkshire Pudding, Roast Potatoes and Gravy (EGGS, MILK, GLUTEN, SO2)	Chicken Burger with Garlic Mayo and Salad (CELERY, EGGS, GLUTEN, SESAME)	Gluten Free Battered FishAnd Chips (FISH)
Vegetarian Main Course	Quorn Mince Spaghetti Bolognese (GLUTEN, EGG, MUSTARD, SOYA)	Winter Vegetable Soup with a Crusty Roll (CELERY, WHEAT, SESAME)	Macaroni Cheese (MILK, WHEAT, MUSTARD, SOYA)	Cheese and Onion Quiche with New Potatoes (GLUTEN, EGGS, MILK)	Meat Free Dippers with Chips (GLUTEN)
Vegetables	Sweetcorn & Garden Peas	Diced Carrots & Green Beans	Diced Carrots & Broccoli	Baked Beans & Sweetcorn	Baked Beans & Garden Peas
Dessert	Ginger Biscuit (GLUTEN, MILK) Or Fruit Salad	Apple Crumble and Custard (GLUTEN, MILK) Or Fruit Boats	Strawberry Jelly topped with Mandarins Or Fruit Kebabs	Orange Shortbread Biscuit (GLUTEN, SOYA) Or Fruit Salad	Rice Pudding with Strawberry Jam (MILK) Or Fruit Pots
Pasta Kitchen	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)		Pasta Kitchen (GLUTEN)
Grab n Go				BBQ Chicken Sub (GLUTEN, CELERY, EGG, MILK, SESAME, SOYA)	

Fresh Baked Jacket Potato with Choice of fillings
Cheese (Milk) Tuna (Egg, Fish) Beans
available daily

Pick 'n' Mix Sandwich
Sandwich (Wheat, Soya)
Crudites Pot
Dessert
(See daily allergen matrix)
Available daily

Fresh Bread (Wheat, Soya)
Cheese & Crackers (Gluten, Milk)
Salad Selection, Fresh Fruit and
Yoghurts (Milk)
available daily

