

| WEEK 1 | GREEN MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------|---|--|--|---|---|
| Main Meal | Crispy Crumb Vegetable Burger in a Bun Served with Coleslaw (GLUTEN, EGG, SESAME) | Cottage Pie Served with Gravy (SO2) | Roast Pork, Yorkshire Pudding Served with Roast Potatoes and Gravy (GLUTEN, MUSTARD, SOYA, MILK, EGG, SO2) | BBQ Chicken Served with Rice (GLUTEN, FISH, MUSTARD) | Traditional Fish Cake or Salmon Fish Cake served with Chips (GLUTEN, FISH) |
| Vegetarian Main Course | Macaroni Cheese Served with Garlic Bread (GLUTEN, MUSTARD, MILK, SOYA) | Vegetable Spaghetti Bolognaise (GLUTEN, MUSTARD, SOYA) | Quorn Sausage served with Yorkshire Pudding, Roast Potatoes and Gravy (GLUTEN, MILK, EGGS, SO2) | BBQ Roast Vegetable Wrap Served with Rice (GLUTEN, FISH, MUSTARD) | Cheesy Sweetcorn Fritters Served with Chips (GLUTEN, MILK, SOYA & EGGS) |
| Vegetables | Peas & Sweetcorn | Cabbage & Diced Carrots | Broccoli & Diced Carrots | Swede & Green Beans | Peas & Baked Beans |
| Dessert | Chocolate Flapjack (GLUTEN) Or Fruit Pot | Apple, Toffee, Biscuit & Cream Layer (GLUTEN, MILK) Or Fruit Pot | Ice Cream (MILK) Or Fruit Boat | Jam Sponge & Custard (GLUTEN, EGG, MILK) Or Fruit Pot | Jelly Or Fruit Boat |
| Pasta Kitchen | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) | | Pasta Kitchen (GLUTEN) |
| Grab n Go | | | | Bacon, Sausage & Ketchup Muffin (GLUTEN, SOYA) | |

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 | Pizza Wrap Served with Wedges (GLUTEN, MILK) | Baked Pork Sausages in a Rich Onion Gravy Served with Creamed Mashed Potato (GLUTEN, SO2) | Roast Chicken and Stuffing Served with Roast Potatoes and Gravy (GLUTEN, SO2) | Pepperoni and Ham Pizza Served with Seasoned Diced Potatoes (GLUTEN, CELERY, EGGS, MILK, SOYA) | Fish Fingers and Chips (FISH, GLUTEN) |
| Vegetarian Main Course | Vegetable Fajitas with Herby Diced Potato (GLUTEN, MILK) | Meatless Meatballs in a Rich Onion Gravy Served with Creamed Mashed Potato (SOYA, GLUTEN, SO2) | Quorn Sausages Served with Roast Potatoes and Gravy (SO2, GLUTEN) | Vegetable Pasta Bake (CELERY, GLUTEN, MILK) | Quorn and Chickpea Curry and Chips (GLUTEN, CELERY, MILK, MUSTARD, SOYA) |
| Vegetables | Sweetcorn & Beans | Kale & Diced Carrots | Cabbage & Broccoli | Kale & Sweetcorn | Sweetcorn & Baked Beans |
| Dessert | Hot Chocolate Fudge Cake and Custard (GLUTEN, EGGS, MILK) Or Fruit Pot | Beetroot Brownie (GLUTEN, MILK, SOYA) Or Fruit Kebabs | Shortbread Biscuit (MILK, GLUTEN) Or Fruit Boat | Strawberry Jelly with Mandarins Or Fruit Boat | Cinnamon Whirl (GLUTEN) Or Fruit Pot |
| Pasta Kitchen | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) | | Pasta Kitchen (GLUTEN) |
| Grab n Go | | | | Fish Cake Bun (FISH, SESAME, GLUTEN) | |

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

Pick 'n' Mix Sandwich
Sandwich (Wheat, Soya)
Crudités 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 | Macaroni Cheese with Homemade Garlic Bread (GLUTEN, MILK, SOYA, EGG, MUSTARD) | Chicken Curry Served with Rice (CELERY) | Roast Turkey with Mashed Potatoes and Gravy (SO2) | Spaghetti Bolognaise (GLUTEN, MUSTARD, SOYA) | Gluten Free Fish Fillet and Chips (FISH) |
| Vegetarian Main Course | Cheese Omelette with Salad and Coleslaw (EGG, MILK) | Garlic Bread topped Quorn Mince (GLUTEN, EGG, MILK, SOYA) | Vegetarian Sausage with Mashed Potato and Gravy (GLUTEN, MILK, SO2) | Cheese and Onion Pie with New Potatoes (GLUTEN, EGGS, MILK, SOYA) | Cheese Whirl with Chips (GLUTEN, EGG, MILK, SO2) |
| Vegetables | Sweetcorn & Peas | Diced Carrots & Baked Beans | Cauliflower & Broccoli | Diced Carrots & Sweetcorn | Baked Beans & Peas |
| Dessert | Pineapple Upside Down Cake & Custard (GLUTEN, MILK, EGG, SO2, SOYA) Or Fruit Pot | Strawberry Jelly Or Fruit Boats | Ice Cream (MILK) Or Fruit Kebabs | Cornflake Buns (GLUTEN) Or Fruit Salad | Cherry Flapjack (GLUTEN SO2) Or Fruit Pot |
| Pasta Kitchen | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) | | Pasta Kitchen (GLUTEN) |
| Grab n Go | | | | Loaded Fries (MILK) | |

