

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 Bolognese (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 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)
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	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 Bolognese (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)	

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 dessert allergen matrix)
Available daily

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

