



| WEEK 1 | GREEN MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------|---|--|---|---|--|
| Main Meal | Cheese and Tomato Pizza served with Corn Cobette & Homemade Coleslaw (CELERY, MILK, GLUTEN, EGG, SOYA) | BBQ Chicken Pasta & Garlic Bread (CELERY, SOYA, MILK, GLUTEN) | Roast Pork, Yorkshire Pudding, Roast Potatoes with Gravy (GLUTEN, EGG, MILK, S02, SOYA, MUSTARD) | Homemade Sausage Roll, Mashed Potatoes with Gravy (GLUTEN, EGG, S02) | Traditional Fish Cake or Salmon Fish Cake & Chips (GLUTEN, FISH) |
| Vegetarian Main Course | Vegetable Pasta & Garlic Bread (GLUTEN, MILK, SOYA) | Vegetable Fingers served with Wedges (GLUTEN, S02) | Vegetable Lasagne (MILK, GLUTEN) | Homemade Potato and Vegetable Pasty, Mashed Potatoes with Gravy (GLUTEN, S02, EGG) | Quorn Sausage & Chips (GLUTEN) |
| Vegetables | Peas & Sweetcorn | Savoy Cabbage & Parsnips | Broccoli & Baton Carrots | Carrots & Green Beans | Garden Peas & Baked Beans |
| Dessert | Orange Shortcake (GLUTEN, SOYA) Or Fruit Pot | Jam Sponge & Custard (GLUTEN, MILK, EGGS) Or Fruit Kebabs | Flapjack (GLUTEN) Or Fruit Boat | Apple Crumble & Custard (GLUTEN, MILK) Or Fruit Pot | Chocolate Fudge Crinkle Biscuit (GLUTEN, EGGS) Or Fruit Boat |
| Pasta Kitchen | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) | | Pasta Kitchen (GLUTEN) |
| Grab n Go | | | | Posh Hot Dog (GLUTEN, CELERY, MILK, MUSTARD, SESAME, 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 | Naan Cheese Pizza served with Herby Diced Potato (GLUTEN, CELERY, MILK) | Homemade Chicken Curry served with White and Brown Basmati Rice 50/50 rice (CELEERY) | Roast Gammon served with New Potatoes and Gravy | Sliced Chicken served with Garvy and Roast Potatoes (S02) | Fish Fingers served with Chips (FISH, GLUTEN) |
| Vegetarian Main Course | Vegetable Chilli and Rice (CELERY, GLUTEN) | Quorn Vegetable Bolognaise (EGG, GLUTEN, MILK, SOYA) | Quorn Sausages served with New Potatoes and Gravy (GLUTEN) | Macaroni Cheese served with Homemade Garlic Bread (GLUTEN,, MUSTARD, SOYA, EGG) | Vegetarian Southern Style Burger served with Chips (EGGS, MILK, GLUTEN, SESAME) |
| Vegetables | Curly Kale & Carrot Rings | Swede & Diced Carrots | Broccoli & Cauliflower | Carrots & White Cabbage | Sweetcorn & Beans |
| Dessert | Beetroot Brownie (GLUTEN, EGGS, MILK, SOYA) Or Fruit Pot | Fruit Jelly & Cream (MILK) Or Fruit Kebabs | Ice Cream (MILK) Or Fruit Boat | Courgette Sponge (EGGS, MILK, GLUTEN) Or Fruit Pot | Raspberry Bun (MILK, GLUTEN) Or Fruit Boat |
| Pasta Kitchen | Pasta Kitchen (GLUTEN) | | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) |
| Grab n Go | | Chicken Burger (CELERY, EGG, WHEAT, 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 3 | GREEN MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------|--|---|---|--|--|
| Main Meal | Vegetarian Dippers in a Wrap served with Rainbow Rice (GLUTEN) | Ham and Pineapple Pizza served with Potato Wedges (GLUTEN, EGGS, MILK, S02, SOYA) | Roast Chicken served with Yorkshire Pudding & New Potatoes (EGGS, MILK, GLUTEN) | Lasagne (MILK, GLUTEN) | Gluten Free Fish Fillet served with Chips (FISH) |
| Vegetarian Main Course | Meatless Meatballs in a Tomato and Basil Sauce served with Fusilli Pasta (GLUTEN, MILK) | Homemade Cheese and Onion Quiche served with Potato Wedges (EGGS, GLUTEN, MILK, S02) | Vegetarian Fillet served with Yorkshire Pudding & New Potatoes (EGGS, GLUTEN, MILK, S02) | Homemade Vegetable Curry served with 50/50 Rice (GLUTEN, CELERY, EGGS, MILK, MUSTARD, SOYA) | Cheese Whirl and Chips (EGGS, GLUTEN, MILK, S02) |
| Vegetables | Sweetcorn & Garden Peas | Baked Beans & Baton Carrots | Cauliflower & Broccoli | Diced Carrots & Sweetcorn | Baked Beans & Garden Peas |
| Dessert | Ginger Biscuit (GLUTEN, MILK) Or Fruit Salad | Cherry Flapjack (GLUTEN, S02) Or Fruit Boats | Rice Pudding served with Jam (MILK) Or Fruit Kebabs | Chocolate Shortbread Biscuit (GLUTEN) Or Fruit Salad | Pear Crumble and Custard (GLUTEN, MILK) Or Fruit Pots |
| Pasta Kitchen | Pasta Kitchen (GLUTEN) | | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) | Pasta Kitchen (GLUTEN) |
| Grab n Go | | Cheese and Bean Wrap (GLUTEN, 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

