



DATES:

Week 1:

27th Oct, 17th Nov, 8th Dec,
5th Jan, 26th Jan, 23rd Feb,
16th March.

Week 2:

3rd Nov, 24th Nov,
12th Jan, 2nd Feb, 2nd
March, 23rd March.

Week 3:

10th Nov, 1st Dec, 19th Jan,
9th Feb 9th March, 30th
March

Allergens:

1. Gluten/Wheat
2. Dairy/Milk
3. Eggs
4. Soya/Soyabeans
5. Mustard
6. Celery
7. Fish
8. Molluscs
9. Shellfish/Crustaceans
10. Sesame Seeds
11. Nuts
12. Lupins
13. Sulphur Dioxide
14. Peanuts

All items with * can be
made Vegan.

All items with ** can be
made Dairy Free.



All items are subject to availability.

WEEK 1

MONDAY

Vegetable Pasta Bake **1**
Garlic Bread **1,4**
Mixed Vegetables.

Jacket Potato with *Cheese
& Beans **2**.

Yoghurt & Fruit Compote **2**
Fruit Jelly or Fresh Fruit.

TUESDAY

Beef Tacos **1,2**
Veggie Burrito **1**
Vegetable Rice
Carrots & Green Beans.

Jacket Potato with *Cheese
& Beans **2**.

Carrot Cake **1,3**
Fruit Jelly or Fresh Fruit.

WEDNESDAY

Roast Chicken, Stuffing &
Gravy **1**
Vegetable & Chickpea Tart **1**
Rustic Roasties
Cabbage & Sweetcorn.

Jacket Potato with *Cheese
& Beans **2**.

Shortbread **1**
Fruit Jelly or Fresh Fruit.

THURSDAY

Pork Meatballs **1**
Meatless Meatballs **1**
Pasta **1**
Broccoli & Carrots.

Jacket Potato with *Cheese
& Beans **2**.

Lemon Cake **1,3**
Fruit Jelly or Fresh Fruit.



FRIDAY

Fish Fingers **1,7**
*Cheese Pizza **1,2**
Skin on Fries or Pasta **1**
Baked Beans & Sweetcorn.

Jacket Potato with *Cheese
& Beans **2**.

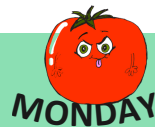
Cooks Choice **1,3**.

MONDAY

Mixed Bean Wrap **1**
Pasta **1**
Peas & Sweetcorn.

Jacket Potato with *Cheese
& Beans **2**.

Yoghurt & Fruit Compote **2**
Fruit Jelly or Fresh Fruit.



TUESDAY

Chicken Tacos **1,2**
Sweet Potato & Spinach Dhal **6**
Savoury Rice **6**
Broccoli & Mixed Veg.

Jacket Potato with *Cheese &
Beans **2**.

Chocolate Cake **1,3**
Fruit Jelly or Fresh Fruit.

WEDNESDAY

Roast Pork
Veggie Meatloaf **1,4**
Rustic Roasties
Swede & Peas.

Jacket Potato with *Cheese
& Beans **2**.

Shrewsbury Biscuit **1,3**
Fruit Jelly or Fresh Fruit.

THURSDAY

Beef Bolognese
Veggie Bolognese
Pasta **1**
Carrots & Sweetcorn.

Jacket Potato with *Cheese
& Beans **2**.

Chelsea Buns **1,4,12**
Fruit Jelly or Fresh Fruit.

FRIDAY

Fish Bites **1,7**
Veggie Nuggets **1**
Skin on Fries or Pasta **1**
Baked Beans & Peas.

Jacket Potato with *Cheese
& Beans **2**.

Cooks Choice **1,3**.

WEEK 2

MONDAY

Tomato Pasta **1**
Garlic Dough Balls **1,4**
Mixed Vegetables.

Jacket Potato with *Cheese
& Beans **2**.

Yoghurt & Fruit Compote **2**
Fruit Jelly or Fresh Fruit.

TUESDAY

Mexican Beef Tortilla Bake **1,2**
*Veggie Tacos **1**
Pasta **1**
Carrots & Peas.

Jacket Potato with *Cheese
& Beans **2**.

Iced Cookie Bun **1,3**
Fruit Jelly or Fresh Fruit.

WEDNESDAY

Sausages & Gravy **1,12**
Quorn Sausage & Gravy **1**
Mashed Potato
Sweetcorn & Baked Beans.

Jacket Potato with *Cheese
& Beans **2**.

Oat Cookie **1**
Fruit Jelly or Fresh Fruit.

THURSDAY

Curried Chicken Chunks **12**
Vegetable Frittata **2,3**
Rainbow Rice
Cauliflower & Peas.

Jacket Potato with *Cheese
& Beans **2**.

Marble Sponge **1,3**
Fruit Jelly or Fresh Fruit.

FRIDAY

Fish Fingers **1,7**
*Cheese Pizza **1,2**
Skin on Fries or Pasta **1**
Peas & Sweetcorn.

Jacket Potato with *Cheese
& Beans **2**.

Cooks Choice **1,3**.

WEEK 3