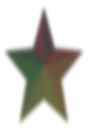
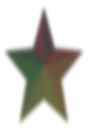
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| **WEEK 1** | **GREEN MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main Meal** | Homemade Cheese & Tomato Pizza served with Crispy Potato Cubes & Homemade Coleslaw  **(GLUTEN, EGG, CELERY, SOYA, MILK)** | Spaghetti Bolognaise & Garlic Bread  **(GLUTEN, MILK, SOYA)** | Roast Pork, Yorkshire Pudding with Roast Potatoes & Gravy  **(GLUTEN, EGG, MILK, MUSTARD, SO2, SOYA)** | Homemade Chicken Curry & Rice  **(CELERY)** | Traditional Fish Cake  Or  Salmon Fish Cake & Chips.  **(FISH, GLUTEN)** |
| **Vegetarian Main Course** |  | Cheese & Spring Onion Stuffed Potato Shell  **(MILK)** | Quorn Sausage served with Yorkshire Pudding, roast Potatoes, and Gravy  **(GLUTEN, EGG, MILK, SO2)** | Homemade Vegetable Curry & Rice  **(CELERY)** | Cheese Whirls & Chips.  **(GLUTEN, EGG, MILK, SO2)** |
| **Vegetables** | Peas  &  Sweetcorn | Carrots  &  Peas | Broccoli  &  Carrots | Cauliflower  &  Green Beans | Garden Peas  &  Baked Beans |
| **Dessert** | Fruity Flapjack  Or  Fruit Pot  **(GLUTEN)** | Butterfly Fruit Cupcake  Or  Fruit Kebabs  **(GLUTEN, EGG, MILK)** | Ice Cream  Or  Fruit Boat  **(MILK)** | Chocolate Crunch  & Custard  Or  Fruit Pot  **(GLUTEN, EGG, MILK)** | Strawberry Angel Delight  Or  Fruit boat  **(MILK)** |
| **Grab & Go** | Tomato & Basil Pasta Pot  **(GLUTEN, MILK)** | Hot Cheese Baguette  **(GLUTEN, MILK, SESAME)** |  | Tuna Mayo Pasta Pot  **(FISH, EGG, GLUTEN)** | Chicken & Sweetcorn Mayo Pitta Bread  **(GLUTEN, EGG)** |
| **Sandwiches** | Tuna Mayo  **(GLUTEN, FISH, EGG, SOYA)**  Egg Mayo  **(GLUTEN, SOYA, EGG)**  Cheese  **(GLUTEN, SOYA, MILK)** |  | Tuna Mayo  **(GLUTEN, FISH, EGG, SOYA)**  Cheese  **(GLUTEN, SOYA, MILK)**  Ham  **(GLUTEN, SOYA)** |  | Tuna Mayo  **(GLUTEN, FISH, EGG, SOYA)**  Cheese  **(GLUTEN, SOYA, MILK)**  Ham  **(GLUTEN, SOYA)** |
|  |  |  |  |  |  |



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Fresh Bread (Wheat, Soya)

Cheese & Crackers (Milk, Gluten)

Salad Selection, Fresh Fruit and

Yoghurts (Milk)

available daily

Selection of freshly made,

sandwiches on a choice of

bread (Wheat, Soya)

available daily

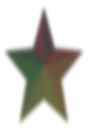
Fresh Baked Jacket Potato with

Choice of fillings

Cheese (Milk) Tuna (Eggs, Fish) Beans

available daily

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| **WEEK 2** | **GREEN MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main Meal** | Vegetarian Bolognaise & Garlic Bread  **(GLUTEN, EGG, MILK, SOYA)** | Sausage & Mash with Gravy  **(GLUTEN, SO2)** | Roast Turkey, Yorkshire Pudding with  Roast Potatoes & Gravy  **(MILK, EGG, GLUTEN, S02)** | Italian Fillet Chicken Breast Burger & Herby Cubed Potatoes  **(GLUTEN, SESAME)** | Fish Fingers & Chips  **(FISH, GLUTEN)** |
| **Vegetarian Main Course** |  | Spanish Vegetable One Pot  **(EGG, MILK, S02)** | Quorn Sausage, Yorkshire Pudding with Roast Potato & Gravy  **(MILK, EGG, SO2, GLUTEN)** |  | Vegetable Fingers & chips  **(GLUTEN)** |
| **Vegetables** | Swede  &  Peas | Beans  &  Baton Carrots | Broccoli  &  Cauliflower | Diced Carrots  &  White Cabbage | Sweetcorn  &  Beans |
| **Dessert** | Beetroot Brownie  **(GLUTEN, EGGS, MILK, SOYA)**  Or  Fruit Pot | Fruit Jelly & Cream  **(MILK)**  Or  Fruit Kebabs | Carrot Cake  **(EGG, GLUTEN)**  Or  Fruit Boat | Banana Muffin  **(EGGS, SOYA, GLUTEN)**  Or  Fruit Pot | Cherry Flapjack  **(GLUTEN, S02)**  Or  Fruit Boat |
| **Grab & Go** | Tuna Pasta Pot  **(GLUTEN, EGG, FISH)** | Cheese & Tomato Baguette  **(GLUTEN, MILK, SESAME)** |  | Cheese & Onion Toastie  **(GLUTEN, SOYA, CHEESE)**  Or  Tomato & Basil Past Pot  **(GLUTEN, MILK)** |  |
| **Sandwiches** | Tuna Mayo  **(GLUTEN, SOYA, FISH, EGG)**  Egg Mayo  **(GLUTEN, EGG, SOYA)**  Cheese  **(GLUTEN, SOYA, MILK)** |  | Tuna Mayo  **(GLUTEN, SOYA FISH, EGG)**  Ham  **(GLUTEN, SOYA)**  Cheese  **(GLUTEN, SOYA, MILK)** |  | Tuna Mayo  **(GLUTEN, SOYA, FISH, EGG)**  Ham  **(GLUTEN, SOYA)**  Cheese  **(GLUTEN, SOYA, MILK)**  Fresh Bread (Wheat, Soya)  Cheese & Crackers (Milk, Gluten)  Salad Selection, Fresh Fruit and  Yoghurts (Milk)  available daily |
| Fresh Baked Jacket Potato with  Choice of fillings  Cheese (Milk) Tuna (Eggs, Fish), Beans  available daily |  |  | Selection of freshly made,  sandwiches on a choice of  breads (Wheat, Soya)  available daily |  |  |



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| **WEEK 3** | **GREEN MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Main Meal** | Vegetarian Hot Dog & Baked New Potatoes  **(GLUTEN, MILK, SEASME)** | Sweet and Sour Chicken & Rice  **(GLUTEN)** | Roast Beef, Yorkshire Pudding, Roast Potatoes & Gravy  **(EGGS, MILK, GLUTEN, SO2)** | Ham & Cheese Pizza with Wedges  **(GLUTEN, EGGS, MILK, SOYA)** | Gluten Free Fish &  Chips  **(FISH)** |
| **Vegetarian Main Course** |  | Vegetable Fajita & Rice  **(MILK, MUSTARD, SOYA, GLUTEN))** | Vegetarian Fillet, Yorkshire  Pudding served with Roast Potatoes & Gravy  **(EGGS, GLUTEN, MILK, SO2)** | Cheese & Tomato Pizza with wedges  **(EGGS, GLUTEN, MILK, SOYA)** | Quorn Dippers & Chips  **(GLUTEN)** |
| **Vegetables** | Diced Carrots  &  Garden Peas | Sweetcorn  &  Green Beans | Broccoli  &  Sliced Carrots | Sweetcorn  &  Baked Beans | Baked Beans  &  Garden Peas |
| **Dessert** | Ginger Biscuit  **(GLUTEN, MILK)**  Or  Fruit Salad | Strawberry Jelly  Or  Fruit Boats | Chocolate & Vanilla Biscuit  **(GLUTEN, MILK, SOYA)**  Or  Fruit Salad | Ice Cream  **(MILK)**  Or  Fruit Salad | Cornflake Buns  **(GLUTEN, MILK, SOYA**  Or  Fruit Pots |
| **Grab & Go** | Cheese Pasta Pot  **(GLUTEN, EGG, MILK)** | Cheese & Tomato Baguette  **(GLUTEN, MILK, SESAME)** |  | Tuna Mayo Pasta Pot  **(GLUTEN, FISH, EGG)** | Tomato & Basil Pasta Pot  **(GLUTEN, MILK)** |
| **Sandwiches** | Tuna Mayo  **(GLUTEN, SOYA, FISH, EGG)**  Egg Mayo  **(GLUTEN, SOYA, EGG)**  Cheese  **(GLUTEN, SOYA, MILK)** |  | Tuna Mayo  **(GLUTEN, SOYA, FISH, EGG)**  Cheese  **(GLUTEN, SOYA, MILK)**  Ham  **(GLUTEN, SOYA)** |  |  |
|  | Fresh Baked Jacket Potato with  Choice of fillings  Cheese (Milk) Tuna (Eggs, Fish) Beans  available daily | Selection of freshly made,  sandwiches on a choice of  bread (Wheat, Soya)  available daily |  |  | Fresh Bread (Wheat, Soya)  Cheese & Crackers (Milk, Gluten)  Salad Selection, Fresh Fruit and  Yoghurts (Milk)  available daily |

