



| WEEK 1                   | GREEN MONDAY                                                         | TUESDAY                                                                   | WEDNESDAY                                                   | THURSDAY                                                                       | FRIDAY                                                   |
|--------------------------|----------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------|
| <b>Main Meal</b>         | Meat Free Dipper Wrap served with Rice<br>(GLUTEN)                   | Sausage & Mash Potato With Gravy<br>(GLUTEN, SO2)                         | Roast Turkey, Stuffing, Roast Pots & Gravy<br>(GLUTEN, SO2) | Chicken Pizza Style Pasta & Garlic Bread<br>(GLUTEN, CELERY, EGGS, MILK, SOYA) | Fish Cake or Salmon Fish Cakes & Chips<br>(GLUTEN, FISH) |
| <b>Vegetables</b>        | Peas & Sweetcorn                                                     | Savoy Cabbage & Mashed Swede                                              | Broccoli & Diced Carrots                                    | Cauliflower & Broccoli                                                         | Garden Peas & Baked Beans                                |
| <b>Dessert</b>           | Chocolate Vanilla Biscuit<br>(GLUTEN, MILK, SOYA)<br>Or<br>Fruit Pot | Orange Shortbread<br>(GLUTEN, SOYA)<br>Or<br>Fruit Kebabs                 | Ice Cream<br>(MILK)<br>Or<br>Fruit Boat                     | Strawberry Flapjack<br>(GLUTEN)<br>Or<br>Fruit Pot                             | Viennese Whirls<br>(GLUTEN, SOYA)<br>Or<br>Fruit boat    |
| <b>Pasta and Jackets</b> | Tomato and Basil Pasta<br>(GLUTEN)                                   | Jacket Potato with a selection of fillings<br>(SEE ALLERGEN MATRIX BELOW) | Tomato and Basil Pasta<br>(GLUTEN)                          | Jacket Potatoes with selection of fillings<br>(SEE ALLERGEN MATRIX BELOW)      | Tomato and Basil Pasta<br>(GLUTEN)                       |

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

Pick 'n' Mix Sandwich  
Sandwich (Wheat, Soya)  
Crudites Pot  
Dessert  
(See daily dessert allergen matrix)  
available daily

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





| WEEK 2                   | GREEN MONDAY                                                             | TUESDAY                                                                   | WEDNESDAY                                                                              | THURSDAY                                                                                  | FRIDAY                                                            |
|--------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| <b>Main Meal</b>         | Cheese Pizza & Potato Wedges<br>(GLUTEN, CELERY, MILK, SOYA, EGG)        | Tuna Arrabiata Pasta<br>(GLUTEN, CELERY, FISH)                            | Sliced Chicken with Mash Potato, Yorkshire Pudding & Gravy<br>(EGG, GLUTEN, MILK, SO2) | Roast Turkey, New Potato & Cauliflower Cheese<br>(GLUTEN, MILK, SOYA)                     | Fish and Chips<br>(GLUTEN, FISH)                                  |
| <b>Vegetables</b>        | Beans & Sweetcorn                                                        | Savory Cabbage & Baton Carrots                                            | Green Beans & Ring Carrots                                                             | Sweetcorn & Carrots                                                                       | Garden Peas & Baked Beans                                         |
| <b>Dessert</b>           | Ginger Sponge with Cream<br>(GLUTEN, EGG, MILK, SOYA)<br>Or<br>Fruit Pot | Oat Biscuit<br>(GLUTEN, EGG, MILK, SOYA)<br>Or<br>Fruit Kebabs            | Ice Cream<br>(MILK)<br>Or<br>Fruit Boat                                                | Pineapple Upside Down Cake & Custard<br>(GLUTEN, EGG, SO2, SOYA, MILK)<br>Or<br>Fruit Pot | Beetroot Brownie<br>(GLUTEN, MILK, EGG, SOYA)<br>Or<br>Fruit boat |
| <b>Pasta and Jackets</b> | Tomato and Basil Pasta<br>(GLUTEN)                                       | Jacket Potato with a selection of fillings<br>(SEE ALLERGEN MATRIX BELOW) | Tomato and Basil Pasta<br>(GLUTEN)                                                     | Jacket Potato with selection of Fillings<br>(SEE ALLERGEN MATRIX BELOW)                   | Tomato and Basil Pasta<br>(GLUTEN)                                |

Fresh Baked Jacket Potato with Choice of fillings  
Cheese (Milk) Tuna (Eggs, Fish), Beans  
Available Tuesday and Thursday

Pick 'n' Mix Sandwich  
Sandwich (Wheat, Soya)  
Crudites Pot  
Dessert  
(See daily dessert allergen matrix)  
available daily

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



| WEEK 3                   | GREEN MONDAY                                                                                     | TUESDAY                                                                                 | WEDNESDAY                                                                                             | THURSDAY                                                                                | FRIDAY                                                                                                   |
|--------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>Main Meal</b>         | Cheese and Tomato Naan Bread<br>Pizza served with Potato Wedges<br><b>(GLUTEN, MILK, CELERY)</b> | Chinese Chicken Curry served<br>with Boiled Rice<br><b>(GLUTEN, SOYA, MUSTARD)</b>      | Roast of the Day served with<br>a Yorkshire Pudding & Roast<br>Potatoes<br><b>(GLUTEN, MILK, EGG)</b> | Beef Bolognese served with<br>Wholemeal Pasta<br><b>(GLUTEN)</b>                        | Fish of the Day<br>served with Chips<br>and a Lemon<br>Wedge<br><b>(GLUTEN, FISH, MILK,<br/>MUSTARD)</b> |
| <b>Vegetables</b>        | Beans & Sweetcorn                                                                                | Diced Swede & Green<br>Beans                                                            | Cauliflower & Carrots                                                                                 | Savoy Cabbage & Mashed<br>Swede                                                         | Baked Beans & Green<br>Beans                                                                             |
| <b>Dessert</b>           | Banna Muffin<br><b>(GLUTEN, EGG, SOYA)</b><br>Or<br>Fruit Salad                                  | Lemon Cake Drizzle<br><b>(GLUTEN, EGG, MILK, SOYA)</b><br>Or<br>Fruit Boats             | Chocolate Shortbread<br>Biscuit<br><b>(GLUTEN)</b><br>Or<br>Fruit Kebabs                              | Apricot Flapjack<br><b>(GLUTEN)</b><br>Or<br>Fruit Salad                                | Strawberry Jelly topped<br>with Mandarins<br><br>Or<br>Fruit Pots                                        |
| <b>Pasta and Jackets</b> | Tomato and Basil Pasta<br><b>(GLUTEN)</b>                                                        | Jacket Potato with a<br>selection of fillings<br><b>(SEE ALLERGEN MATRIX<br/>BELOW)</b> | Tomato and Basil Pasta<br><b>(GLUTEN)</b>                                                             | Jacket Potato with a<br>selection of fillings<br><b>(SEE ALLERGEN MATRIX<br/>BELOW)</b> | Tomato and Basil Pasta<br><b>(GLUTEN)</b>                                                                |

Fresh Baked Jacket Potato with  
Choice of fillings  
Cheese (Milk) Tuna (Eggs, Fish) Beans  
Tuesday and Thursday

Pick 'n' Mix Sandwich  
Sandwich (Wheat, Soya)  
Crudites Pot  
Dessert  
**(See daily dessert allergen matrix)**  
available daily

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