

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

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





| WEEK 2                 | GREEN MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|------------------------|---|---|---|--|--|
| Main Meal              | Macaroni Cheese served with Homemade Garlic Bread<br><b>(MILK, GLUTEN, MUSTARD, SOYA)</b> | Sausage and Mash with Gravy<br><b>(GLUTEN, SO2)</b>         | Roast Turkey served with Mash Potato and Gravy<br><b>(MILK, SO2)</b>            | Italian Fillet Chicken Breast Burger served with Herby Cubed Potatoes<br><b>(GLUTEN, SESAME)</b> | Fish Fingers served with Chips<br><b>(FISH, GLUTEN)</b>                    |
| Vegetarian Main Course | Oriental Vegetable Stir Fry with Egg Noodles<br><b>(GLUTEN, SOYA, EGG)</b>                | Spanish Vegetable One Pot<br><b>(EGG, MILK, SO2)</b>        | Broccoli and Cauliflower Hotpot served with Gravy<br><b>(MILK, SO2, GLUTEN)</b> | Vegetable Fajitas Served with herby cubed potatoes<br><b>(GLUTEN, CELERY)</b>                    | Cheese and Onion Pie served with chips<br><b>(GLUTEN, EGG, MILK, SOYA)</b> |
| Vegetables             | Swede & Peas  | Beans & Baton Carrots                                       | Broccoli & Cauliflower  | Diced Carrots & White Cabbage  | Sweetcorn & Beans  |
| Dessert                | Beetroot Brownie<br><b>(GLUTEN, EGGS, MILK, SOYA)</b><br>Or<br>Fruit Pot                  | Fruit Jelly & Cream<br><b>(MILK)</b><br>Or<br>Fruit Kebabs  | Carrot Cake<br><b>(EGG, GLUTEN)</b><br>Or<br>Fruit Boat                         | Banana Muffin<br><b>(EGGS, SOYA, GLUTEN)</b><br>Or<br>Fruit Pot                                  | Cherry Flapjack<br><b>(GLUTEN, SO2)</b><br>Or<br>Fruit Boat                |
| Selector 1             | Pasta Kitchen<br><b>(GLUTEN)</b>  | Pasta Kitchen<br><b>(GLUTEN)</b>                            | Pasta Kitchen<br><b>(GLUTEN)</b>  | Pasta Kitchen<br><b>(GLUTEN)</b>   | Pasta Kitchen<br><b>(GLUTEN)</b>   |
| Street Food (KS2)      | Cheese Layered Pasta Pot<br><b>(GLUTEN, EGGS, MILK)</b>                                   | Cheese and tomato Baguette<br><b>(GLUTEN, MILK, SESAME)</b> | Tomato and Basil Layered Pasta Pot<br><b>(GLUTEN, MILK)</b>                     | Cheese and Ham Toasty<br><b>(GLUTEN, MILK, SOYA)</b>   | Tuna Mayo Layered Pasta Pot<br><b>(GLUTEN, FISH, EGG)</b>                  |
|                        |   |   |   |  |  |

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Cheese (Milk) Tuna (Eggs, Fish), Beans available daily

Selection of freshly made, sandwiches on a choice of breads (Wheat, Soya) 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>              | Vegetarian Hot Dog with Baked New Potatoes<br><b>(GLUTEN, MILK, SEASME)</b>                                     | Sweet and Sour Chicken served with Rice<br><b>(GLUTEN)</b>                  | Roast Beef served with a Yorkshire Pudding, Roast Potatoes and Gravy<br><b>(EGGS, MILK, GLUTEN, SO2)</b> | Ham and Cheese Pizza with Baked Wedges<br><b>(GLUTEN, EGGS, MILK, SOYA)</b>                | Gluten Free Fish served with Chips and a Lemon Wedge<br><b>(FISH)</b> |
| <b>Vegetarian Main Course</b> | Green Cuisine Meatless Meatballs in a Tomato Sauce served with Spaghetti<br><b>(GLUTEN, MILK, EGG, MUSTARD)</b> | Veggie Bolognese with Garlic Bread<br><b>(MILK, MUSTARD, SOYA, GLUTEN))</b> | Vegetarian Fillet served with Yorkshire Pudding & Roast Potatoes<br><b>(EGGS, GLUTEN, MILK, SO2)</b>     | Cheese and Red Pepper Quiche served with New Potatoes<br><b>(EGGS, GLUTEN, MILK, SOYA)</b> | Quorn Dippers served with Chips<br><b>(GLUTEN)</b>                    |
| <b>Vegetables</b>             | Diced Carrots & Garden Peas   | Sweetcorn & Green Beans   | Broccoli & Sliced Carrots  | Sweetcorn & Baked Beans  | Baked Beans & Garden Peas   |
| <b>Dessert</b>                | Ginger Biscuit<br><b>(GLUTEN, MILK)</b><br>Or<br>Fruit Salad  | Strawberry Jelly<br>Or<br>Fruit Boats                                       | Chocolate & Vanilla Biscuit<br><b>(GLUTEN, MILK, SOYA)</b><br>Or<br>Fruit Salad                          | Ice Cream<br><b>(MILK)</b><br>Or<br>Fruit Salad  | Cornflake Buns<br><b>(GLUTEN, MILK, SOYA)</b><br>Or<br>Fruit Pots     |
| <b>Selector 1</b>             | Pasta Kitchen<br><b>(GLUTEN)</b>  | Pasta Kitchen<br><b>(GLUTEN)</b>  | Pasta Kitchen<br><b>(GLUTEN)</b>   | Pasta Kitchen<br><b>(GLUTEN)</b>   | Pasta Kitchen<br><b>(GLUTEN)</b>                                      |
| <b>Street Food (KS2)</b>      | Cheese Layered Pasta Pot<br><b>(GLUTEN, EGGS, MILK)</b>   | Cheese and Tomato Pizza Wrap<br><b>(MILK, GLUTEN)</b>                       | Tomato and Basil Layered Pasta Pot<br><b>(GLUTEN, MILK)</b>  | Tuna & Sweetcorn Mayo filled Baguette<br><b>(EGGS, FISH, GLUTEN, SESAME)</b>               | Tuna Mayo Layered Pasta Pot<br><b>(GLUTEN, FISH, EGG)</b>             |

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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)  
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