



WEEK 1	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal</b>	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 Chicken, Yorkshire Pudding, Roast Potatoes with Gravy (GLUTEN, EGG, MILK, S02, SOYA, MUSTARD)	Homemade Minced Beef Pie, Mashed Potatoes with Gravy (GLUTEN, EGG, MILK)	Traditional Fish Cake or Salmon Fish Cake & Chips (GLUTEN, FISH)
<b>Vegetarian Main Course</b>	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)
<b>Vegetables</b>	Peas & Sweetcorn	Savoy Cabbage & Parsnips	Broccoli & Baton Carrots	Carrots & Green Beans	Garden Peas & Baked Beans
<b>Dessert</b>	Orange Shortcake (GLUTEN, SOYA) Or Fruit Pot	Jam Sponge & Custard (GLUTEN, MILK, EGGS) Or Fruit Kebabs	Flapjack (GLUTEN) Or Fruit Boat	Sponge Cake & Custard (GLUTEN, MILK, EGG) Or Fruit Pot	Chocolate Fudge Crinkle Biscuit (GLUTEN, EGGS) Or Fruit Boat
<b>Pasta Kitchen</b>	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)
<b>Grab n Go</b>	Chilled Cheese Layered Pasta Pot (GLUTEN, MILK, EGG)	Cheese Toastie (GLUTEN, MILK, SOYA)	Chilled Tomato & Basil Layered Pasta Pot (GLUTEN, MILK)	Pizza Wrap (GLUTEN, MILK,)	Tuna Mayonnaise Layered Pasta Pot (GLUTEN, EGG, FISH)

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 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 Turkey served with New Potatoes and Gravy (MILK, SO2, EGGS, GLUTEN)	Sliced Chicken served with Garvy and Roast Potatoes (SO2)	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	Strawberry Mousse (MILK) Or Fruit Boat
Pasta Kitchen	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)
Grab n Go	Cheese Layered Pasta Pot (GLUTEN, EGGS, MILK)	Chicken Burger (CELERY, EGG, WHEAT, SESAME)	Tomato and Basil Layered Pasta Pot (GLUTEN, MILK)	Tuna and Cheese Panini (EGGS, FISH, MILK, GLUTEN, SESAME)	Tuna Mayo Layered Pasta Pot (GLUTEN, FISH, EGG)

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
<b>Main Meal</b>	Vegetarian Dippers in a Wrap served with Rainbow Rice (GLUTEN)	Cheese Pizza served with Potato Wedges (GLUTEN, EGGS, MILK, CELERY, SOYA)	Roast Chicken served with Yorkshire Pudding & New Potatoes (EGGS, MILK, GLUTEN)	Cottage Pie (S02)	Gluten Free Fish Fillet served with Chips (FISH)
<b>Vegetarian Main Course</b>	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)
<b>Vegetables</b>	Sweetcorn & Garden Peas	Baked Beans & Baton Carrots	Cauliflower & Broccoli	Diced Carrots & Sweetcorn	Baked Beans & Garden Peas
<b>Dessert</b>	Ginger Biscuit (GLUTEN, MILK) Or Fruit Salad	Cherry Flapjack (GLUTEN, S02) Or Fruit Boats	Sponge and Custard (GLUTEN, EGG, MILK) Or Fruit Kebabs	Chocolate Shortbread Biscuit (GLUTEN) Or Fruit Salad	Banana and Custard (MILK) Or Fruit Pots
<b>Pasta Kitchen</b>	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)
<b>Grab n Go</b>	Cheese Layered Pasta Pot (GLUTEN, EGGS, MILK)	Pizza Wrap (GLUTEN, MILK)	Tomato and Basil Layered Pasta Pot (GLUTEN, MILK)	Cheese and Tomato Panini (MILK, GLUTEN, CELERY)	Tuna Mayo Layered Pasta Pot (GLUTEN, FISH, EGG)

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

