

| WEEK 1                           | GREEN MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|----------------------------------|---|---|--|--|---|
| <b>Main Meal 1</b>               | Meat Free Dipper Wrap with Rice<br>(gluten)             | Sausage and Mashed Potato with Gravy<br>(gluten, SO2)     | Roast Gammon, Stuffing and Roast Potatoes served with Gravy<br>(gluten, So2) | Chicken Pizza Style Pasta and Garlic Bread<br>(gluten, celery, eggs, milk, soya) | Traditional Fish Cake or Salmon Fish Cake served with Chips<br>(gluten, fish) |
| <b>Vegetarian Main Meal 2</b>    | Vegetable Fingers with Wedges<br>(gluten, SO2)          | Sweet Potato and Vegetable Pie with Gravy<br>(gluten)     | Vegetarian Sausage, Stuffing and Roast Potatoes with Gravy<br>(gluten, SO2)  | Spanish Vegetable One Pot<br>(milk, egg, SO2)                                    | Homemade Cheese Omelette and Chips<br>(eggs, milk, soya)                      |
| <b>Pasta Kitchen Main Meal 3</b> | Pasta Kitchen Tomato and Mascarpone<br>(gluten)         |   | Pasta Kitchen Pepperoni<br>(gluten)  |  | Pasta Kitchen Tomato and Basil<br>(gluten)                                    |
| <b>Street Food Main Meal 4</b>   |   | Pizza Wrap<br>(gluten, milk)                              |  | Bacon Bun<br>(gluten, sesame)  |   |
| <b>Vegetables</b>                | Peas & Sweetcorn  | Savoy Cabbage & Mashed Swede                              | Broccoli & Diced Carrots   | Cauliflower & Broccoli   | Garden Peas & Baked Beans   |
| <b>Dessert</b>                   | Apple & Oat Cookie<br>(Gluten, Eggs)<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                         |

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

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 1</b>               | Cheese Pizza and Wedges<br>(gluten, celery, eggs, milk, soya)             | Tuna Arribiata Pasta<br>(gluten, celery, fish)                         | Sliced Chicken with a Yorkshire Pudding served with Mash Potato and Rich Gravy<br>(milk, eggs, gluten, SO2) | Roast Gammon, New Potatoes and Cauliflower Cheese<br>(gluten, milk, soya)                     | Fish and Chips<br>(gluten, fish)                                   |
| <b>Vegetarian Main Meal 2</b>    | Spring Vegetable Pasta<br>(gluten, milk)                                  | Maccaroni and Cheese And Garlic Bread<br>(gluten, milk, soya, mustard) | Spanish Vegetable Tortilla<br>(eggs, milk)  | Tomato and Mascarpone Pasta<br>(gluten)   | Cheese and Onion Pie with Chips                                    |
| <b>Pasta Kitchen Main Meal 3</b> | Pasta Kitchen Tomato and Mascarpone<br>(gluten)                           |  | Pasta Kitchen Tomato and Basil<br>(gluten)  |   | Pasta Kitchen Beef Meatballs<br>(gluten)                           |
| <b>Street Food Main Meal 4</b>   |   | Cheese and Bean Wrap<br>(gluten, milk)                                 |   | Tuna Melt Panini<br>(gluten, egg, fish, milk, sesame)   |  |
| <b>Vegetables</b>                | Beans & Sweetcorn   | Savoy Cabbage & Baton Carrots  | Green Beans & Ring Carrots  | Sweetcorn & Carrots   | Garden Peas & Beans  |
| <b>Choice of Dessert</b>         | Ginger Sponge with Cream<br>(gluten, eggs, milk, soya)<br>Or<br>Fruit Pot | Oat Biscuit<br>(gluten, eggs, milk, soya)<br>Or<br>Fruit Kebabs        | Ice Cream<br>(milk)<br>Or<br>Fruit Boat   | Pineapple Upside Down Cake and Custard<br>(gluten, eggs, milk, soya, SO2)<br>Or<br>Fruit Pots | Beetroot Brownie<br>(gluten, eggs, milk, soya)<br>Or<br>Fruit Boat |

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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 1</b>               | Cheese and Tomato Naan Bread<br>Pizza with Potato Wedges<br>(gluten, milk, celery)   | Chinese Chicken Curry with<br>Boiled Rice<br>(gluten, soya, mustard)                       | Roast Chicken with a Yorkshire<br>Pudding and Roast Potatoes<br>served with Rich Gravy<br>(gluten, eggs, milk)             | Beef Bolognese with<br>Wholemeal Pasta<br>(gluten)                         | Fish Fingers served with<br>Chips<br>(gluten, fish, milk,<br>mustard) |
| <b>Vegetarian Main Meal 2</b>    | Meatless Meatballs in a<br>homemade Tomato Sauce with<br>Spaghetti<br>(gluten, milk) | Cheese and Red Pepper<br>Quiche with Boiled Potatoes<br>(gluten, eggs, milk, soya,<br>SO2) | Vegetarian Fillet with a<br>Yorkshire Pudding and Roast<br>Potatoes served with Rich<br>Gravy<br>(gluten, eggs, milk, SO2) | Vegetable Fajitas with Mixed<br>Salad and Wedges<br>(gluten, celery, milk) | Cheese Whirl and Chips<br>(gluten, eggs, milk,<br>SO2)                |
| <b>Pasta Kitchen Main Meal 3</b> | Pasta Kitchen<br>Tomato and Mascarpone<br>(gluten)                                   |  | Pasta Kitchen<br>BBQ Beef<br>(gluten)  |  | Pasta Kitchen<br>Tomato and Basil<br>(gluten)                         |
| <b>Street Food Main Meal 4</b>   |  | Fish Finger Hot Dog<br>(gluten, fish, milk,<br>mustard, sesame)                            |  | Cheese and Ham Toastie<br>(gluten, milk, soya)                             |   |
| <b>Vegetables</b>                | Baked Beans<br>&<br>Sweet Corn   | Diced Swede<br>&<br>Green Beans  | Cauliflower<br>&<br>Carrots  | Mashed Swede<br>&<br>Savoy Cabbage   | Garden Peas<br>&<br>Baked Beans                                       |
| <b>Dessert</b>                   | Bannana Muffin<br>(gluten, eggs, soya)<br>Or<br>Fruit Pot                            | Lemon Drizzle Cake<br>(gluten, eggs, milk, soya)<br>Or<br>Fruit Boat                       | Chocolate Shortbread Biscuit<br>(gluten)<br>Or<br>Fruit Kebab  | Apricot Flapjack<br>(gluten)<br>Or<br>Fruit Salad                          | Strawberry Jelly Topped<br>with Mandarins<br>Or<br>Fruit Pot          |

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