

WEEK 1	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Vegetarian Burger Bun served with Corn Cobette & Homemade Coleslaw (GLUTEN, EGG, SESAME, MILK)	Sausage served with Mashed Potato & Gravy (GLUTEN, SO2)	Roast Chicken and Stuffing served with Roast Potatoes and Gravy (GLUTEN, SO2)	Large Yorkshire Pudding filled with Savoury Turkey Mince served with Baby New Potatoes (EGG, GLUTEN, MILK)	Traditional Fish Cake Or Salmon Fish Cake served with Chips. (FISH, GLUTEN)
Vegetarian Main Course	Vegetable Lasagne served with Garlic Bread (GLUTEN, EGG, SOYA, MILK)	Vegetable Curry served with 50/50 Rice (CELERY, EGG, GLUTEN, MILK, MUSTARD, SOYA)	Quorn Sausage served with Stuffing, roast Potatoes and Gravy (GLUTEN, SO2)	Spanish Vegetable Rice Bake (GLUTEN, EGG, MILK, MUSTARD, SOYA)	Cheese Whirl and Chips (GLUTEN, EGGS, MILK, SO2)
Vegetables	Peas & Sweetcorn	Cabbage & Diced Carrots	Broccoli & Diced Carrots	Swede & Green Beans	Peas & Baked Beans
Dessert	Viennese Whirl Or Fruit Pot (GLUTEN, SOYA)	Chocolate Brownie served with Creamy Chocolate Sauce Or Fruit Pot (GLUTEN, EGG, MILK)	Orange Cookie Or Fruit Boat (MILK, EGG, GLUTEN, SOYA)	Lemon Madeira Cake Or Fruit Pot (GLUTEN, EGG, SOYA)	Strawberry Flapjack served with Custard Or Fruit boat (MILK, GLUTEN)
Grab & Go	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)

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	Vegetarian Burrito (MILK, EGGS, SO2, GLUTEN)	Breaded Chicken Parmo With Wedges and Salad (SOYA, MILK, GLUTEN)	Roast Gammon And stuffing served with Roast Potatoes and Gravy (WHEAT, SO2)	Homemade Minced Beef Pie Served with Rich Gravy and Mashed Potato (GLUTEN)	Fish Fingers and Chips (FISH, GLUTEN)
Vegetarian Main Course	Cheese and Tomato Pizza Served with Seasoned Diced Potatoes (CELERY, GLUTEN, EGGS, MILK, SOYA)	Vegetarian Cottage Pie (EGGS, GLUTEN, SO2)	Quorn Fillet served with Mashed Potato and Gravy (MILK, SO2, GLUTEN)	Vegetable Stew and Dumplings (GLUTEN)	Vegetable Fingers and Chips (GLUTEN)
Vegetables	Sweetcorn & Beans	Garden Peas & Carrots	Diced Carrots & Broccoli	Green Beans & Carrot Batons	Baked Beans & Sweetcorn
Dessert	Sticky Ginger Cake and Custard (GLUTEN)	Apple Flapjack (GLUTEN)	Syrup Roly Poly and Custard (GLUTEN, MILK)	Courgette Sponge (GLUTEN)	Cherry Shortcake Biscuit (GLUTEN)
Grab n Go	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)

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
available daily
(Gluten, Soya, Fish, Milk)

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

WEEK 3	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cheese and Tomato Naan Bread Pizza with Potato Wedges (GLUTEN, MILK, SO2)	Chilli and Rice	Roast Turkey, Yorkshire Pudding, Roast Potatoes and Gravy (EGGS, GLUTEN, MILK, SO2)	Chicken Burger with Garlic Mayo and Salad (CELERY, EGGS, GLUTEN, SESAME)	Gluten Free Battered Fish and Chips (FISH)
Vegetarian Main Course	Quorn Mince Spaghetti Bolognaise (EGG, GLUTEN, MUSTARD, SOYA)	Macaroni Cheese (GLUTEN, MILK, SOYA, MUSTARD)	Winter Vegetable Soup with a Crusty Roll (CELERY, WHEAT, SESAME)	Cheese and Onion Quiche with New Potatoes (EGGS, MILK, GLUTEN)	Meat Free Dippers with Chips (GLUTEN)
Vegetables	Sweetcorn & Garden Peas	Diced Carrots & Green Beans	Broccoli & Diced Carrots	Sweetcorn & Baked Beans	Baked Beans & Garden Peas
Dessert	Ginger Biscuits (GLUTEN, MILK) Or Fruit Salad	Apple Crumble and Custard (GLUTEN, MILK) Or Fruit Boats	Strawberry Jelly topped with Mandarins Or Fruit Kebabs	Orange Shortbread Biscuit (GLUTEN, SOYA) Or Fruit Salad	Rice Pudding with Strawberry Jam (MILK) Or Fruit Pots
Grab n Go	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)	Cheese or Cheese and Ham Toastie (GLUTEN, SOYA, MILK)

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 (Milk, Gluten)
Salad Selection, Fresh Fruit and
Yoghurts (Milk)
available daily