



WEEK 1	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	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 Pork, Yorkshire Pudding, Roast Potatoes with Gravy (GLUTEN, EGG, MILK, S02, SOYA, MUSTARD)	Homemade Sausage Pie, Mashed Potatoes with Gravy (GLUTEN, EGG, S02)	Traditional Fish Cake or Salmon Fish Cake & Chips (GLUTEN, FISH)
Vegetarian Main Course	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)
Vegetables	Peas & Sweetcorn	Savoy Cabbage & Parsnips	Broccoli & Baton Carrots	Carrots & Green Beans	Garden Peas & Baked Beans
Dessert	Orange Shortcake (GLUTEN, SOYA) Or Fruit Pot	Jam Sponge & Custard (GLUTEN, MILK, EGGS) Or Fruit Kebabs	Flapjack (GLUTEN) Or Fruit Boat	Apple Crumble & Custard (GLUTEN, MILK) Or Fruit Pot	Chocolate Fudge Crinkle Biscuit (GLUTEN, EGGS) Or Fruit Boat
Pasta Kitchen	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)	Pasta Kitchen (GLUTEN)
Grab n Go	Chilled Cheese Layered Pasta Pot (GLUTEN, MILK, EGG)	Cheese Toastie (GLUTEN, MILK, SOYA)	Chilled Tomato & Basil Layered Pasta Pot (GLUTEN, MILK)	Posh Hot Dog (GLUTEN, CELERY, MILK, MUSTARD, SESAME, SOYA)	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 Gammon served with New Potatoes and Gravy	Sliced Chicken served with Garvy and Roast Potatoes (S02)	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	Raspberry Bun (MILK, GLUTEN) 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)	Brunch Wrap (S02, WHEAT)	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
Main Meal	Vegetarian Dippers in a Wrap served with Rainbow Rice (GLUTEN)	Ham and Pineapple Pizza served with Potato Wedges (GLUTEN, EGGS, MILK, S02, SOYA)	Roast Chicken served with Yorkshire Pudding & New Potatoes (EGGS, MILK, GLUTEN)	Cottage Pie (S02)	Gluten Free Fish Fillet served with Chips (FISH)
Vegetarian Main Course	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)
Vegetables	Sweetcorn & Garden Peas	Baked Beans & Baton Carrots	Cauliflower & Broccoli	Diced Carrots & Sweetcorn	Baked Beans & Garden Peas
Dessert	Ginger Biscuit (GLUTEN, MILK) Or Fruit Salad	Cherry Flapjack (GLUTEN, S02) Or Fruit Boats	Rice Pudding served with Jam (MILK) Or Fruit Kebabs	Chocolate Shortbread Biscuit (GLUTEN) Or Fruit Salad	Pear Crumble and Custard (GLUTEN, MILK) Or Fruit Pots
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)	Cheese and Bean Wrap (GLUTEN, MILK)	Tomato and Basil Layered Pasta Pot (GLUTEN, MILK)	Cheese and Ham Panini (MILK, GLUTEN, SESAME)	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

