Lunch



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	**Chef`s Bolognese Whole meal Pasta** (Gluten)	**Mild Chicken Korma** (Milk)	**Creamy Macaroni Cheese** (Gluten, Milk)	**Roast Chicken with Gravy**	**Crispy Fish finger** **Roast Pepper and Tomato Soup** (Gluten, Fish)
VEGETARIAN	**Spinach & Feta Pastry (Spanokopita)** (Gluten, Egg, Milk)	**Mild Chickpea & Lentil Dahl**	**Tomato, Basil & Cheese Tart** (Gluten, Egg, Milk)	**Falafel & Roasted Vegetable Bake**	**Veggie Fingers** (Gluten)
ON THE SIDE	**Broccoli** **Mixed Vegetables** (Milk)	**Rice** **Roasted Courgette** **Cauliflower**	**Green Beans** **Carrots**	**Roast Potatoes** **Mixed Vegetables** **Broccoli**	**Chips** **Peas** **Baked Beans** **Homemade Bread** (Gluten)
DESSERT	**Wibble Wobbly Jelly with Fresh Fruit Salad**	**Low sugar Apple Sponge with Fresh Cut Fruit** (Gluten, Egg)	**Yoghurt Compote with Granola** (Gluten, Milk)	**Creamy Rice Pudding & Melon Slices** (Milk)	**Yoghurt Compote and Fresh Fruit Salad** (Milk)
Every Day	**A selection of simple and composite salad** **A selection of Jacket Potatoes and various toppings** **A Selection of Sliced Fruits**				

Lunch

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	**Creamy Chicken Pesto** (Milk)	**Lasagne al Forno** (Gluten, Milk)	**Jacket Potato Bar with Tuna, Cheese and Mild Chilli Beef** (Fish, Milk)	**Sausage Baked Pasta** (Gluten, Milk, Sulphites)	**Beef Burger** **Winter Vegetable Soup** (Gluten)
VEGETARIAN	**Aubergine Parmigiana** (Milk)	**Spinach & Mushroom Lasagne** (Milk, Gluten)	**Cheesy Leek & Pesto Jacket Potato** (Milk)	**Tomato & Basil Pasta Bake** (Gluten)	**Veggie Burger** (Gluten)
ON THE SIDE	**New Potatoes** **Cabbage** **Carrot**	**Garlic Bread** **Sweetcorn** **Mixed Vegetables** (Gluten)	**Baked Beans** **Coleslaw** **Salad Bar** (Egg)	**Broccoli** **Carrots**	**Chips** **Baked Beans** **Peas** **Homemade Bread** (Gluten)
DESSERT	**Jelly and Fresh Fruit**	**Yoghurt Compote and Granola with Melon Slices** (Milk, Gluten)	**Chocolate and Orange Tiramisu** (Gluten, Egg, Milk)	**Pear Crumble (No Sugar) with Custard** (Gluten, Milk)	**Fresh Fruit Salad with Yoghurt** (Milk)
Every Day	**A selection of simple and composite salad** **A selection of Jacket Potatoes and various toppings** **A selection of Sliced Fruits**				

Lunch

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MAIL	**Chicken and Leek Fricassee** (Milk)	**Minced Beef with Cheesy Scone** (Gluten, Milk)	**Creamy Spaghetti Carbonara** (Gluten, Milk)	**Mild Chicken Fajitas Wraps** (Gluten)	**Pepperoni Pizza** **Sweetcorn chowder Soup** (Gluten, Milk)
VEGETARIAN	**Creamy Stuffed Pepper** (Milk)	**Creamy Veg Cobbler** (Gluten, Milk)	**Roasted Red Pepper & Spinach Cannelloni** (Gluten, Milk)	**Vegetable Fajita Wraps** (Gluten)	**Cheese & Tomato Pizza** (Gluten, Milk)
ON THE SIDE	**Rice** **Broccoli** **Sweetcorn**	**New Potatoes** **Carrots** **Green Beans**	**Homemade Focaccia** **Peas** **Roasted Vegetables** (Gluten)	**Nachos** **Guacamole** **Cheese** **Sweetcorn** (Milk)	**Chips** **Peas** **Sweetcorn** **Homemade Bread** (Gluten)
DESSERT	**Vanilla Shortbread and Fresh Fruit salad** (Gluten, Milk)	**Fresh Fruit Salad and Yoghurt Compote** (Milk)	**Mixed Berry Mouse** (Milk)	**Peaches in Cream** (Milk)	**Jelly & Fresh Fruit**
Every Day	**A selection of simple and composite salad** **A selection of Jacket Potatoes and various toppings** **A selection of Sliced Fruit**				

Nursery Break

Nursery	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	**Sugar Free Cereal** **Milk** **Fresh Fruit** (Gluten, Milk)	**Crackers** **Cheese** **Slices of Fresh Fruit** (Gluten, Milk)	**Cheese Pinwheels** **Slices of Fresh fruit** (Gluten, Milk, Egg)	**Greek Yogurt** **Honey** **Fresh Fruit** (Milk)	**Crumpets** **Ham** **Mackerel** **Fresh Fruit** (Milk, Fish, MC. Crustaceans, Molluscs)
WEEK TWO	**Crumpets** **Cheese** **Fresh Fruit** (Gluten, Milk)	**Wholemeal Toast** **Honey** **Marmite** **Fresh Fruit** (Gluten, Soya)	**Crackers** **Cheese** **Slices of Fresh Fruit** (Gluten, Milk)	**Sugar Free Cereal** **Milk** **Fresh Fruit** (Gluten, Milk)	**Breadsticks** **Hummus** **Vegetable Sticks** **Fresh Fruit** (Gluten, Milk)
WEEK THREE	**Crackers** **Cheese** **Vegetable Sticks** **Sardines** **Fresh Fruit** (Gluten, Milk, Fish MC. Crustaceans, Molluscs)	**Sugar Free Cereal** **Fresh Fruit** (Gluten, Milk)	**Breadsticks** **Hummus** **Vegetable Sticks** **Fresh Fruit** (Gluten, Milk)	**Cheese Pinwheels** **Fresh Fruit** (Gluten, Milk, Egg)	**Greek Yogurt** **Honey** **Fresh Fruit** (Milk)

Busy Bees

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK ONE	**Wrap** **Cheese** **Ham** **Fruit Salad** (Gluten, Milk)	**Jacket Potato with Beans and Cheese** **Yoghurt and Fruit** (Milk)	**Sausage Rolls** **Hummus** **Vegetable Sticks** **Yoghurt** (Gluten, Egg, Milk, Sulphites)	**Whole Meal Toast** **Honey** **Marmite** **Fruit Salad** (Gluten, Soya)
WEEK TWO	**Wholemeal Tomato and Basil Pasta** **Fruit Salad** (Gluten)	**Sausage Rolls** **Hummus** **Vegetable Sticks** **Yoghurt** (Gluten, Egg, Milk, Sulphites)	**Cheese on Toast** **Fruit salad** (Gluten, Soya, Milk)	**Crumpets** **Ham** **Boiled Egg** **Marmite** **Yoghurt** (Gluten, Milk, Egg)
WEEK THREE	**Jacket Potato with Beans and Cheese** **Fresh Fruit** (Milk)	**Pesto Pasta** **Yoghurt** (Gluten, Milk)	**Crumpets** **Boiled Egg** **Ham** **Marmite** **Yoghurt** (Gluten, Milk, Egg)	**Cheese on Toast** **Fruit Salad** (Gluten, Soya, Milk)