



**Week Commencing: 06/09, 27/09, 18/10, 08/11, 29/11, 10/01, 31/01**



| Week 1                     | Meat Free Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |  |
|----------------------------|---|---|---|---|---|--|
| <b>Main 1</b>              | Home Baked Cheese & Tomato Pizza with Garlic Potatoes <b>(G, M)</b>                     | Lamb Hot Pot topped with Sliced Potatoes  | Roast Chicken Stuffing & Roast Potatoes & Gravy <b>(G)</b>                              | Beef Curry with Sunshine Rice   | Fish of the Day with Chips <b>(F, G)</b>  |  |
| <b>Main 2 – Halal</b>      | Home Baked Cheese & Tomato Pizza with Garlic Potatoes <b>(G, M)</b>                     | Halal Lamb Hot Pot topped with Sliced Potatoes  | Halal Roast Chicken with Stuffing & Roast Potatoes & Gravy <b>(G)</b>                   | Halal Beef Curry with Sunshine Rice   | Fish of the Day with Chips <b>(F, G)</b>  |  |
| <b>Vegetarian Main</b>     | Chickpea, Cauliflower & Sweet Potato Curry with Rice <b>(C)</b>                         | Mexican Bean Burrito <b>(G,M,C)</b>   | Roast Quorn Stuffing & Roast Potatoes & Gravy <b>(E,M,G)</b>                            | Singapore Noodles with Tofu <b>(E,S)</b>  | Cheese & Tomato Pasta with Garlic Bread <b>(G, M)</b>                                   |  |
| <b>Jacket Potato</b>       | Jacket Potato topped with Tuna Mayonnaise <b>(E,F)</b> Cheese <b>(M)</b> or Baked Beans | Jacket Potato topped with Tuna Mayonnaise <b>(E,F)</b> Cheese <b>(M)</b> or Baked Beans | Jacket Potato topped with Tuna Mayonnaise <b>(E,F)</b> Cheese <b>(M)</b> or Baked Beans | Jacket Potato topped with Tuna Mayonnaise <b>(E,F)</b> Cheese <b>(M)</b> or Baked Beans | Jacket Potato topped with Tuna Mayonnaise <b>(E,F)</b> Cheese <b>(M)</b> or Baked Beans |  |
| <b>Vegetables</b>          | Garden Peas<br>Sweetcorn<br>Daily Salad Choice  | Cauliflower<br>Green Beans<br>Daily Salad Choice  | Carrots<br>Garden Peas<br>Daily Salad Choice  | Sweetcorn<br>Broccoli<br>Daily Salad Choice   | Garden Peas<br>Baked Beans<br>Daily Salad Choice  |  |
| <b>Sandwich of the day</b> | Tuna Mayonnaise Baguette <b>(F, E, G)</b>   | Cheese Sandwich on Wholemeal Bread <b>(M, G)</b>  | Chicken Mayonnaise Wrap <b>(E, G)</b>   | Halal Chicken Mayo Wrap <b>(E, G)</b>   | Egg Mayonnaise Sandwich <b>(E, G)</b>   | Salmon and Cucumber Baguette <b>(F, E,G)</b> |
| <b>Dessert</b>             | Mini Doughnuts <b>(M,G)</b>   | Lemon Drizzle Cake <b>(E, G)</b>  | Jelly Pot   | Fruity Flapjack <b>(G)</b>  | Mango Ice cream   |  |

*Fresh Fruit, Cheese and Crackers and Fruit Yoghurt are served Daily*



**Allergy Information - G=Gluten, E=Egg, M=Milk, C=Celery, CR=Crustaceans, MU=Mustard, SS=Sesame, L=Lupin, F=Fish, P=Peanuts, N=Nuts, S=Soya, SD=Sulphur Dioxide, MO=Mollusc**





**Week Commencing: 13/09, 04/10, 15/11, 06/12, 17/01, 07/02**



| Week 2   | Meat Free Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |                                    |
|--|---|---|---|---|---|------------------------------------|
| <b>Main 1</b>  | Home Baked Cheese & Tomato Pizza with Garlic Potatoes (G, M)              | Cajun Chicken Burger with Potato Wedges (G)                               | Roast Lamb with Roast Potatoes and Gravy                                  | Beef Lasagne with Garlic Bread (G,M)                                      | Fish of the Day with Chips (F, G)   |                                    |
| <b>Main 2 - Halal</b>  | Home Baked Cheese & Tomato Pizza with Garlic Potatoes (G, M)              | Halal Cajun Chicken Burger with Potato Wedges (G)                         | Halal Roast Lamb with Roast Potatoes and Gravy                            | Halal Beef Lasagne with Garlic Bread (G,M)                                | Fish of the Day with Chips (F, G)   |                                    |
| <b>Vegetarian Main</b>   | Vegetable Lasagne with Garlic Bread (G,M)                                 | Macaroni Cheese with Garlic Bread (G,M)                                   | Roast Quorn with Roast Potatoes (E, M)                                    | Vegan Sausage and Mash with Onion Gravy                                   | Quorn Burger with Chips (E,M,G)   |                                    |
| <b>Jacket Potato</b>   | Jacket Potato topped with Tuna Mayonnaise (E,F) Cheese (M) or Baked Beans | Jacket Potato topped with Tuna Mayonnaise (E,F) Cheese (M) or Baked Beans | Jacket Potato topped with Tuna Mayonnaise (E,F) Cheese (M) or Baked Beans | Jacket Potato topped with Tuna Mayonnaise (E,F) Cheese (M) or Baked Beans | Jacket Potato topped with Tuna Mayonnaise (E,F) Cheese (M) or Baked Beans |                                    |
| <b>Vegetables</b>  | Garden Peas<br>Sweetcorn<br>Daily Salad Choice                            | Carrots<br>Green Beans<br>Daily Salad Choice                              | Broccoli<br>Red Cabbage<br>Daily Salad Choice                             | Sweetcorn<br>Cauliflower<br>Daily Salad Choice                            | Garden Peas<br>Baked Beans<br>Daily Salad Choice                          |                                    |
| <b>Sandwich of the day</b>   | Tuna Mayonnaise Baguette (F, E, G)  | Cheese Sandwich on Wholemeal Bread (M, G)                                 | Chicken Mayonnaise Wrap (E, G)  | Halal Chicken Mayo Wrap (E, G)  | Egg Mayonnaise Sandwich (E, G)  | Salmon and Cucumber Roll (F, E, G) |
| <b>Dessert</b>   | Apple Crumble & Custard (G, M)  | Chocolate Rice Crispie Cake   | Strawberry Mousse (M)   | Jam & Coconut Sponge (E, G)   | Vanilla Ice cream (M)   |                                    |
| <i>Fresh Fruit, Cheese and Crackers and Fruit Yoghurt are served Daily</i> |   |   |   |   |   |                                    |



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**Week Commencing: 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02**



| Week 3   | Meat Free Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |   |
|--|---|---|---|---|---|---|
| <b>Main 1</b>  | Home Baked Cheese & Tomato Pizza with Garlic Potatoes <b>(G, M)</b>                     | Chicken & Leek Pie with Mashed Potato <b>(M, G)</b>                                     | Roast Beef with Roast Potatoes and Gravy  | Meatballs and Pasta with Tomato Sauce <b>(G)</b>  | Fish of the Day with Chips <b>(F, G)</b>  |   |
| <b>Main 2 - Halal</b>  | Home Baked Cheese & Tomato Pizza with Garlic Potatoes <b>(G, M)</b>                     | Halal Chicken & Leek Pie with Mashed Potato <b>(M,G)</b>                                | Halal Roast Beef with Roast Potatoes and Gravy  | Halal Meatballs and Pasta with Tomato Sauce <b>(G)</b>                                  | Fish of the Day with Chips <b>(F, G)</b>  |   |
| <b>Vegetarian Main</b>   | Vegetable Dahl with Rice <b>(C)</b>   | Vegetable Chilli Taco's <b>(G,C)</b>  | Roast Quorn with Roast Potatoes and Gravy <b>(E, M)</b>                                 | Cauliflower and Broccoli Cheese Bake <b>(G, M)</b>                                      | Quorn Nuggets with Chips <b>(E,M,G)</b>   |   |
| <b>Jacket Potato</b>   | Jacket Potato topped with Tuna Mayonnaise <b>(E,F)</b> Cheese <b>(M)</b> or Baked Beans | Jacket Potato topped with Tuna Mayonnaise <b>(E,F)</b> Cheese <b>(M)</b> or Baked Beans | Jacket Potato topped with Tuna Mayonnaise <b>(E,F)</b> Cheese <b>(M)</b> or Baked Beans | Jacket Potato topped with Tuna Mayonnaise <b>(E,F)</b> Cheese <b>(M)</b> or Baked Beans | Jacket Potato topped with Tuna Mayonnaise <b>(E,F)</b> Cheese <b>(M)</b> or Baked Beans |   |
| <b>Vegetables</b>  | Garden Peas<br>Sweetcorn<br>Daily Salad Choice  | Carrots<br>Green Beans<br>Daily Salad Choice  | Cabbage<br>Cauliflower<br>Daily Salad Choice  | Sweetcorn<br>Broccoli<br>Daily Salad Choice   | Garden Peas<br>Baked Beans<br>Daily Salad Choice  |   |
| <b>Sandwich of the day</b>   | Tuna Mayonnaise Baguette <b>(F, E, G)</b>   | Cheese Sandwich on Wholemeal Bread <b>(M, G)</b>  | Chicken Mayonnaise Wrap <b>(E, G)</b>   | Halal Chicken Mayo Wrap <b>(E, G)</b>   | Egg Mayonnaise Sandwich <b>(E, G)</b>   | Salmon and Cucumber Sandwich <b>(F,G)</b> |
| <b>Dessert</b>   | Banoffe Pie <b>(G, M)</b>   | Chocolate Fudge Cake <b>(G,E)</b>   | Fresh Fruit Salad with Cream <b>(M)</b>   | Orange Blondies <b>(G)</b>  | Fruit Smoothie  |   |
| <i>Fresh Fruit, Cheese &amp; Crackers &amp; Fruit Yoghurt served Daily</i> |   |   |   |   |   |   |



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