

## Winter 2021

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket Potato with Tuna Mayonnaise	Cheeseburger (Local butcher's burgers with local baker's bread)	Slow Roasted Pork	Cottage Pie with Gravy	Hand-rolled Margherita Pizza with Garlic Oil
Vegetarian	Jacket Potato with Baked Beans and Cheese	Veggi Burger	Cauliflower Cheese	Bubble and Squeak, Vegetarian Gravy	Hand-rolled Margherita Pizza with Garlic Oil
Garnish	Crispy Salad	Tomato and Sweetcorn Relish Veggi dipping sticks served with ketchup	Roast Mid Potatoes Cabbage and Carrots	Baked Beans	Fresh Coleslaw served with Little Gems
Dessert	Fruit Yoghurt	Orange Cake	Strawberry Jelly	Chocolate Shortbread	Fresh Fruit selection

Plated Sandwich Meal available daily; choice of ham, tuna mayo or cheese served with garnish and dessert

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Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken, sweetcorn and tomato Pasta	Hots Dogs (Local Butchers Sausages)	Slow Roasted Beef	The Meaty Mac (Mac 'n Cheese with Bacon)	Hand-rolled Peperoni Pizza with Garlic Oil
Vegetarian	Cheese and Tomato Penne	Veggi Hot Dogs	Cauliflower Cheese	Mac 'n Cheese	Hand-rolled Margherita Pizza with Garlic Oil
Garnish	Chopped Salad, Garlic Bread	Sweet Fried Red Onions, Veggi dipping sticks serve with BBQ Sauce	Roasted Mid Potatoes, Cabbage and Carrots Mini Yorkshire Pudding	Broccoli and Sweetcorn	Fresh coleslaw served with Little Gems
Dessert	Fruit Yoghurt	Banana Cake	Orange Jelly	Carrot Cake	Fresh Fruit Selection

Plated Sandwich Meal available daily; choice of ham, tuna mayo or cheese served with garnish and dessert

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Faitja	Fish Finger Butty	Slow Roasted Turkey	Sausages and gravy	Hand-rolled Hawaiian Pizza with Garlic Oil
Vegetarian	Veggi Faitja	Veggi Burgers Served in a Bap	Cauliflower Cheese	Veggi sausages and gravy	Hand-rolled Margherita Pizza with Garlic Oil
Garnish	Tomato and Cucumber Greek Style Salad	Veggi dipping sticks served with ketchup	Roast Mid Potatoes Broccoli and carrots	Mash and Peas	Fresh Coleslaw served with Little Gems
Dessert	Fruit Yoghurt	Honey Cake	Angel Delight	Flapjack	Fresh Fruit selection

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Cauliflower Cheese, Glazed Carrots and Broccoli		X					X							
Sausage and Gravy														
Mash potato							X							
Veggi sausage		X										X		
Meaty Mac or Macaroni Cheese, Broccoli and French Beans		X					X							
Chocolate Shortbread		X					X							
Flapjack							X							
Jam and Coconut Sponge		X		X			X							
Banana Cake		X		X			X							
Angel delight		X					X							
Carrot Cake		X		X			X							
Honey Cake		X		X			X							
Strawberry & Orange Jelly														
Orange Cake		X		X			X							
Fresh Fruit														
Fruit Yoghurt							X							

The 14 allergens are: **celery**, **cereals containing gluten** (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide and sulphites** (if they are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).