



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sausage and Mash	Chicken and Sweetcorn Pie	Roast Gammon	BBQ Chicken Wrap	Fish and Chips
Vegetarian	Veggie Sausage and Mash	Cheesy Leek Pie	Cauliflower Cheese	BBQ Vegetables Wrap	Fishless Fingers and Chips
Garnish	Peas and Leeks, Gravy	New Potatoes, Broccoli	Roast Potatoes, Cabbage and Carrots, Gravy	Salad, Sauté New Potatoes	Baked Beans
Dessert	Jam Sponge with Custard	Chocolate Angel Delight	Apple Charlotte	Iced Chocolate Cake	Fruit Flapjack

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert.

Jacket potato with cheese and beans available each day. Wholemeal bread available daily.

Choice of fruit or yoghurt available as an alternative to the dessert.



Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Korma	Creamy Bacon and Mushroom Penne Pasta	Roast Chicken	Chicken Thigh Kebab	Fish and Chips
Vegetarian	Vegetable Korma	Creamy Mushroom Penne Pasta	Cauliflower Cheese	Tofu kebab	Fishless Fingers and Chips
Garnish	Rice, Salad, and Chapatti	Salad and Garlic Bread	Roast Potatoes, Cabbage and Carrots, Gravy	Red Slaw, Tzatziki Sauce, Pickled Red Onion, and Rainbow Salad	Baked Beans
Dessert	Yoghurt	Jelly	Pineapple Upside Down Cake	Fresh Fruit	Lemon Drizzle Cake

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert.



Jacket potato with cheese and beans available each day. Wholemeal bread available daily.

Choice of fruit or yoghurt available as an alternative to the dessert.

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Baked Fishcakes	Pasta Bolognese	Roast Pork	Margherita Pizza	Fish and Chips
Vegetarian	Vegetable Patties	Med Veg Pasta Bake	Cheddar, Broccoli and Tomato Quiche	Margherita Pizza	Fishless Fingers and Chips
Garnish	New Potatoes, Broccoli Tomato Sauce	Mixed Salad, Garlic Bread	Roast Potatoes, Cabbage and Carrots, Gravy	Mixed Leaves, Baked New Potatoes	Baked Beans
Dessert	Yoghurt	Fresh Fruit	Angel Delight	Raspberry and Custard Tray Bake	Iced Fingers

Plated sandwich meal on Best of Both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert.



Jacket potato with cheese and beans available each day. Wholemeal bread available daily.

Choice of fruit or yoghurt available as an alternative to the dessert.

Allergen information

Product	Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soy	Sulphur Dioxide / Sulphites	Nuts
Sausage and Mash														
Veggi sausage		yes												
Peas and sweetcorn														
Jam sponge		yes		yes										
custard							yes							
Chicken and sweetcorn pie		yes		yes			yes							
Leek pie		yes		yes			yes							
Chocolate angel delight							yes							
Roast Gammon														
Gravy														
Cauliflower cheese														
Bbq Chicken Wrap		yes												
Veggi BBQ wrap		yes												
Apple cake		yes		yes										
Fish and chips		yes			yes									
Baked beans														
Fishless fingers		yes												
Fruit flapjack		yes												
Fish cakes		yes			yes									
Veggi patties		yes		yes										

The 14 recognised 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). "MC" = May contain.

Product	Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soy	Sulphur Dioxide / Sulphites	Nuts
Chicken Korma							yes							
Veggi korma							yes							
chapatti		yes												
Creamy bacon and mushroom pasta		yes					yes						yes	
Mushroom pasta		yes					yes						yes	
Garlic bread		yes												
Jelly														
Roast Chicken														
Cauliflower cheese							yes							
Pineapple upside down cake		yes												
Chicken kebab		yes												
Red slaw				yes										
Tofa kebab											yes	yes		
Lemon drizzle cake		yes		yes										
Raspberry and custard cake		yes		yes			yes							
Iced fingers		yes												
Broccoli and Tomato quiche		yes		yes			yes							
Bolognese														
Pasta		yes		yes										
Veggi bolognese														
Roast pork														
Cheese Sandwich		Yes					yes							
Ham Sandwich		yes												
Tuna Sandwich		yes			yes		yes							
pizza		yes					yes							



The 14 recognised 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). "MC" = May contain.