

Menu

W/C 1st September, 22nd September, 13th October, 10th November, 1st December



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Sausage and Tomato Risotto GLUTEN	Cottage Pie	Roast Turkey served with Roast Potatoes and Gravy	Chicken Meatballs served with Pasta GLUTEN	Fish Fingers GLUTEN, FISH served with Chips
Option 2	Quorn Sausage and Tomato Risotto GLUTEN	Quorn Mince Cottage Pie EGG	Cauliflower Cheese served with Roast Potatoes and Gravy	Cheese and Tomato Pasta GLUTEN, MILK	Vegetable Fingers GLUTEN, CELERY served with Chips
Option 3	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Tuna and Sweetcorn Baguette GLUTEN, FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Cheese Baguette GLUTEN, MILK
Vegetables		Carrots	Seasonal Vegetables	Peas	Baked Beans
Salad Bar	Couscous GLUTEN , Pasta GLUTEN , Coleslaw EGG , Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous SESAME , Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
Main Dessert	Whole Fruit and Yoghurt MILK	Fruit Cake GLUTEN, EGG	Mini Doughnuts GLUTEN, MILK	Fruit Flapjack GLUTEN, SULPHITES	Beetroot Chocolate Brownie GLUTEN, EGGS
2nd Dessert	Individual Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK

Menu

W/C 8th September, 29th September, 20th October, 17th November and 8th December



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Turkey Korma MILK	Cheese and Ham Quiche served with Potatoes GLUTEN, EGG, MILK	Roast Gammon served with Roast Potatoes and Gravy	Tomato and Basil Pasta GLUTEN	Fillet of Fish GLUTEN, FISH with Wedges
Option 2	Cheese Baguette served with Vegetable Sticks GLUTEN, MILK	Cheese and Tomato Quiche served with Potatoes GLUTEN, EGG, MILK	Cauliflower and Broccoli Cheese served with Roast Potatoes and Gravy	Cheesy Pasta GLUTEN, MILK	Vegetable Burger GLUTEN with Wedges
Option 3	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH
Vegetables	Vegetable Rice	Spaghetti Hoops GLUTEN	Seasonal Vegetables	Peas	Baked Beans
Salad Bar	Couscous GLUTEN, Pasta GLUTEN, Coleslaw EGG, Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous SESAME, Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
Main Dessert	Whole Fruit and Yoghurt MILK	Chocolate Sponge GLUTEN and Custard MILK	Fruit Jelly CONTAINS GELLATINE	Oat Cookie GLUTEN	Iced Sponge GLUTEN, EGGS
2nd Dessert	Individual Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK

Menu

W/C 15TH September, 6th October, 3rd November, 24th November, 15th December



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Sausages served with Potatoes and Gravy GLUTEN, SULPHITES	Chinese Pork Curry MUSTARD, GLUTEN	Roast Chicken served with Roast Potatoes and Gravy	Spaghetti GLUTEN Bolognaise	Fish Fingers GLUTEN, FISH and Fries
Option 2	Quorn Sausages served with Potatoes and Gravy GLUTEN	Cheese Baguette served with Vegetable sticks GLUTEN, MILK	Quorn Chicken GLUTEN served with Roast Potatoes and Gravy	Quorn Mince EGG, GLUTEN Bolognaise	Vegetable Fingers GLUTEN and Fries
Option 3	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Cauliflower Cheese served with Roast Potatoes and Gravy	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Egg Mayo Baguette GLUTEN, EGG
Vegetables	Peas	Vegetable Rice	Seasonal Vegetables	Green Beans	Baked Beans
Salad Bar	Couscous GLUTEN , Pasta GLUTEN , Coleslaw EGG , Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous SESAME , Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
Main Dessert	Whole Fruit and Yoghurt MILK	Old School Jam Sponge GLUTEN, EGGS, SULPHITES	Frozen Toffee Yoghurt MILK	Cherry and Coconut Cake GLUTEN, SULPHITES AND EGG	Instant Whip MILK
2nd Dessert	Individual Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK