

# Menu

W/C : 7<sup>th</sup> Sep, 28<sup>th</sup> Sep, 19<sup>th</sup> Oct, 16<sup>th</sup> Nov, 7<sup>th</sup> Dec



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Savoury Beef Rice Bowl	Pasta Meatballs <b>GLUTEN</b>	Roast Gammon served with Roast Potatoes and Gravy	Chicken and Mash <b>GLUTEN</b>	Fish Fingers <b>GLUTEN, FISH</b> served with Chips
<b>Option 2</b>	Red Lentil and Pepper Rice Bowl	Mixed Bean Pasta <b>GLUTEN</b>	Dairy Free Cauliflower Cheese served with Roast Potatoes and Gravy	Vegetable Bites and Mash <b>GLUTEN</b>	Vegetable Fingers <b>GLUTEN, CELERY</b> served with Chips
<b>Option 3</b>	Jacket Potato Cheese <b>MILK</b> Beans Tuna <b>FISH</b>	Jacket Potato Cheese <b>MILK</b> Beans Tuna <b>FISH</b>	Egg Mayo Wholemeal Baguette <b>GLUTEN, EGG</b> Served with Vegetable Sticks	Jacket Potato Cheese <b>MILK</b> Beans Tuna <b>FISH</b>	Cheese Wholemeal Baguette <b>GLUTEN, MILK</b> Served with Mixed Salad
<b>Vegetables</b>	Mixed Salad	Vegetable Sticks	Seasonal Vegetables	Baked Beans	Peas
<b>Salad Bar</b>	Couscous <b>GLUTEN</b> , Pasta <b>GLUTEN</b> , Coleslaw <b>EGG</b> , Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous <b>SESAME</b> , Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
<b>Main Dessert</b>	Whole Fruit and Yoghurt <b>MILK</b>	School Cake <b>GLUTEN, EGG</b> And Custard <b>MILK</b>	Fruity Rock Cakes <b>GLUTEN, EGG, SULPHITES</b>	Fruit Salad & Yoghurt <b>MILK</b>	Jelly <b>GELLATINE</b>
<b>2<sup>nd</sup> Dessert</b>	Individual Yoghurt <b>MILK</b>	Fruit Salad & Yoghurt <b>MILK</b>	Fruit Salad & Yoghurt <b>MILK</b>	Fruit Salad	Fruit Salad & Yoghurt <b>MILK</b>

# Menu

W/C: 14<sup>th</sup> Sep, 5<sup>th</sup> Oct, 2<sup>nd</sup> Nov, 23<sup>rd</sup> Nov, 14<sup>th</sup> Dec



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Jacket Potato Cheese <b>MILK</b> Beans Tuna <b>FISH</b>	Cottage Pie	Roast Turkey served with Roast Potatoes and Gravy	Spaghetti Bolognese <b>GLUTEN</b>	Fillet of Fish <b>GLUTEN</b> , <b>FISH</b> with Fries
<b>Option 2</b>	Jacket Potato Cheese <b>MILK</b> Beans Tuna <b>FISH</b>	Quorn Cottage Pie	Dairy Free Cauliflower Cheese served with Roast Potatoes and Gravy	Quorn Mince Spaghetti Bolognese <b>GLUTEN</b>	Vegetable Bites with Fries <b>GLUTEN</b>
<b>Option 3</b>	Cheese Sandwich <b>MILK</b> Served with Mixed Salad	Jacket Potato Cheese <b>MILK</b> Beans Tuna <b>FISH</b>	Egg Wholemeal Baguette <b>GLUTEN, EGG</b> Served with Cucumber sticks	Jacket Potato Cheese <b>MILK</b> Beans Tuna <b>FISH</b>	Cheese Wholemeal Baguette <b>GLUTEN, MILK</b> Served with Mixed Salad
<b>Vegetables</b>	Mixed Salad	Seasonal Vegetables	Seasonal Vegetables	Mixed Salad	Baked Beans
<b>Salad Bar</b>	Couscous <b>GLUTEN</b> , Pasta <b>GLUTEN</b> , Coleslaw <b>EGG</b> , Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous <b>SESAME</b> , Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
<b>Main Dessert</b>	Whole Fruit and Yoghurt <b>MILK</b>	Magic Jam Cake <b>GLUTEN, EGG</b>	Carrot Cake <b>GLUTEN, EGG</b>	Fruit Salad & Yoghurt <b>MILK</b>	Chocolate Mousse <b>MILK</b>
<b>2<sup>nd</sup> Dessert</b>	Individual Yoghurt <b>MILK</b>	Fruit Salad & Yoghurt <b>MILK</b>	Fruit Salad & Yoghurt <b>MILK</b>	Fruit Salad	Fruit Salad & Yoghurt <b>MILK</b>

# Menu

W/C: 21<sup>st</sup> Sep, 12<sup>th</sup> Oct, 9<sup>th</sup> Nov, 30<sup>th</sup> Nov



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Beef Enchiladas <b>GLUTEN</b>	Sweet and Sour Pork Noodles <b>GLUTEN</b>	Roast Chicken served with Roast Potatoes and Gravy	Sausage and Mash <b>GLUTEN, SULPHITES</b>	Fish Fingers <b>GLUTEN, FISH</b> and Fries
<b>Option 2</b>	Mixed Bean Enchiladas <b>GLUTEN</b>	Sweet and Sour Vegetable Noodles <b>GLUTEN</b>	Quorn Roast served with Roast Potatoes and Gravy	Vegetable Sausage and Mash <b>GLUTEN, CELERY</b>	Vegetable Fingers <b>GLUTEN</b> and Fries
<b>Option 3</b>	Jacket Potato Cheese <b>MILK</b> Beans Tuna <b>FISH</b>	Jacket Potato Cheese <b>MILK</b> Beans Tuna <b>FISH</b>	Salmon Wholemeal Baguette <b>GLUTEN, FISH</b> Served with Cucumber Sticks	Jacket Potato Cheese <b>MILK</b> Beans Tuna <b>FISH</b>	Chicken Mayo Wholemeal Baguette <b>GLUTEN</b> Served With Mixed salad
<b>Vegetables</b>	Vegetable Rice	Mixed Salad	Seasonal Vegetables	Peas	Baked Beans
<b>Salad Bar</b>	Couscous <b>GLUTEN</b> , Pasta <b>GLUTEN</b> , Coleslaw <b>EGG</b> , Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous <b>SESAME</b> , Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
<b>Main Dessert</b>	Whole Fruit and Yoghurt <b>MILK</b>	Fruit Crumble and Custard <b>GLUTEN, MILK</b>	Fruit Cake <b>GLUTEN, EGG, SULPHITES</b>	Fruit Salad & Yoghurt <b>MILK</b>	Birthday Cake <b>GLUTEN, EGG</b>
<b>2<sup>nd</sup> Dessert</b>	Individual Yoghurt <b>MILK</b>	Fruit Salad & Yoghurt <b>MILK</b>	Fruit Salad & Yoghurt <b>MILK</b>	Fruit Salad	Fruit Salad & Yoghurt <b>MILK</b>