

Menu

W/C 2nd Sep, 23rd Sep, 14th Oct, 11th Nov and 2nd Dec



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Sweet and Sour Pork <small>SULPHITES</small> served with Vegetable Rice	Breaded Chicken Fillets <small>GLUTEN</small> served with New Potatoes	Roast Turkey served with Roast Potatoes and Gravy	Cottage Pie	Fish Fingers <small>GLUTEN, FISH</small> served with Chips
Option 2	Sweet and Sour Quorn <small>SULPHITES, SOYA, GLUTEN</small> served with Vegetable Rice	Vegetable Quiche <small>EGG, GLUTEN, MILK</small> served with New Potatoes	Quorn Chicken <small>EGG, MILK, SOYA, GLUTEN</small> served with Roast Potatoes and Gravy	Vegetable Cottage Pie	Vegetable Fingers <small>GLUTEN, CELERY</small> served with Chips
Option 3	Jacket Potato Choice of Cheese <small>MILK</small> Beans and Tuna <small>FISH</small>	Jacket Potato Choice of Cheese <small>MILK</small> Beans and Tuna <small>FISH</small>	Jacket Potato Choice of Cheese <small>MILK</small> Beans and Tuna <small>FISH</small>	Jacket Potato Choice of Cheese <small>MILK</small> Beans and Tuna <small>FISH</small>	Jacket Potato Choice of Cheese <small>MILK</small> Beans and Tuna <small>FISH</small>
Vegetables	Vegetable Rice	Carrots	Seasonal Vegetables	Garden Peas	Baked Beans
Salad Bar	Couscous <small>GLUTEN</small> , Pasta <small>GLUTEN</small> , Coleslaw <small>EGG</small> , Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous <small>SESAME</small> , Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
Main Dessert	Whole Fruit and Yoghurt <small>MILK</small>	Jelly <small>BOVINE GELATINE</small>	Ice Cream <small>MILK</small>	Winter Fruit Crumble served with Custard <small>MILK</small>	Gingerbread Biscuit <small>GLUTEN, SULPHITES</small>
2nd Dessert	Individual Yoghurt <small>MILK</small>	Fruit Salad & Yoghurt <small>MILK</small>	Fruit Salad & Yoghurt <small>MILK</small>	Fruit Salad & Yoghurt <small>MILK</small>	Fruit Salad & Yoghurt <small>MILK</small>

Menu

W/C 9th Sep, 30th Sep, 21st Oct, 18th Nov, 9th Dec



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Sausages GLUTEN and Mash with gravy	Chicken Meatballs in Tomato Sauce	Roast Gammon served with Roast Potatoes and Gravy	Italian Chicken Pasta GLUTEN	Fillet of Fish GLUTEN, FISH With Wedges
Option 2	Vegetable Sausages CELERY and Mash with gravy	Vegetable Meatballs in Tomato Sauce	Roast Quorn Loaf GLUTEN, SOYA served with Roast Potatoes and Gravy	Roasted Vegetable Pasta Bake GLUTEN	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	Carrots	Vegetable Rice	Seasonal Vegetables	Garden Peas	Spaghetti Hoops GLUTEN
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	Birthday Cake GLUTEN, EGG	Fruit Meringue Nests EGGS	Apple Pie GLUTEN with Custard MILK	Chocolate Cake 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 16th Sep, 7th Oct, 4th Nov, 25th Nov and 16th Dec



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mac N Cheese with Ham <small>MILK, GLUTEN</small>	Mild Chinese Curry with Pork <small>MUSTARD, GLUTEN</small>	Roast Chicken Served with Roast Potatoes and Gravy	Spaghetti <small>GLUTEN</small> Bolognaise	Fish Fingers <small>GLUTEN, FISH</small> and Fries
Option 2	Mac N Cheese <small>MILK, GLUTEN</small>	Sweet Potato Curry <small>MUSTARD, GLUTEN</small>	Cauliflower and Broccoli Bake <small>GLUTEN, SOYA, MILK</small> served with Roast Potatoes and Gravy	Quorn Mince <small>EGG, GLUTEN</small> Bolognaise	Vegetable Fingers <small>GLUTEN</small> and Fries
Option 3	Jacket Potato Choice of Cheese <small>MILK</small> Beans and Tuna <small>FISH</small>	Jacket Potato Choice of Cheese <small>MILK</small> Beans and Tuna <small>FISH</small>	Jacket Potato Choice of Cheese <small>MILK</small> Beans and Tuna <small>FISH</small>	Jacket Potato Choice of Cheese <small>MILK</small> Beans and Tuna <small>FISH</small>	Jacket Potato Choice of Cheese <small>MILK</small> Beans and Tuna <small>FISH</small>
Vegetables	Garden Peas	Vegetable Rice	Seasonal Vegetables	Green Beans	Baked Beans
Salad Bar	Couscous <small>GLUTEN</small> , Pasta <small>GLUTEN</small> , Coleslaw <small>EGG</small> , Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous <small>SESAME</small> , Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
Main Dessert	Whole Fruit and Yoghurt <small>MILK</small>	Old School Jam Sponge <small>GLUTEN, EGG, SULPHITES</small>	Frozen Toffee Yoghurt <small>MILK</small>	Beetroot Brownie <small>GLUTEN</small>	Instant Whip <small>MILK</small>
2nd Dessert	Individual Yoghurt <small>MILK</small>	Fruit Salad & Yoghurt <small>MILK</small>	Fruit Salad & Yoghurt <small>MILK</small>	Fruit Salad & Yoghurt <small>MILK</small>	Fruit Salad & Yoghurt <small>MILK</small>