

Week 1 & 5	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main Meal</u> All are served with vegetables of the day or chopped salad	Not so spicy chicken tikka Masala served with rice and mini naan bread (G,W,CO,S)	Toasted b-b-q pork meatball baguette with herby diced potatoes (G,W,E,SS,M)	Roast Beef with Yorkshire pudding, roast potatoes and gravy (G, W, E, M)	Creamy cheese and ham pasta bake with a garlic slice (G, W, M, S)	Breaded Fish Fingers and chips (G, W, F)
<u>Vegetarian Meal</u> All are served with vegetables of the day or chopped salad	VEGGIE NUGGETS WITH HERBY DICED POTATOES AND BEANS (G,W,S)	Not so spicy onion bhajls in a wrap with a mango Asian salad ,rice and a sweet tangy sauce (G,W,CO)	Cauliflower and broccoli cheese with Yorkshire pudding, roast potatoes and gravy (G, W, E, M)	Roasted vegetable and tomato pasta with a garlic slice (G, W, M, S)	Wholemeal cheese and tomato pizza with chips (G, W, M, C)
<u>Jacket Potato</u> Served with chopped salad	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)
<u>Picnic Lunch</u> HAM(W) CHEESE (M,W) TUNA (F,E,W)	Cucumber and carrot sticks (no allergens) Mini savoury cheese and tomato muffin (G, W, E, M) Baked crisps (no allergens)	Cheese and grapes (M) BBQ Chicken bites (No allergens) Baked crisps (no allergens)	Cherry tomatoes and sugar snap peas (No allergens) Mini Pork sausage rolls (G, W, E, M) Baked crisps (no allergens)	Cucumber and carrot sticks (no allergens) Mini cheese and onion scone (G, W, , M) Baked crisps (no allergens)	Cheese and grapes (M) Mini Pepperoni pizza (G, W, E, M) Baked crisps (no allergens)
<u>Dessert</u> Dessert is included with all meals including the picnic lunch. Jelly and fruit also available daily	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)

Allergen Information

G = gluten, W = wheat, E = egg, M = milk, C = celery, F = Fish, N = nuts, S = Soya, MU = mustard, SS = sesame seeds, SD = sulphur dioxide, L = lupin, Mo = molluscs, CR = crustaceans, CO = coconut

Free From; Gluten, Wheat, Milk & Egg meals are available upon request. Please speak to the catering team

Week 2 & 6	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main Meal</u> All are served with vegetables of the day or chopped salad	Not so spicy beef chilli with rice and tortilla chips (G, W, C)	Chicken and ham pie with baked wedges and vegetables (G, W, M,S)	Roast TURKEY with stuffing, roast potatoes and gravy (G, W)	BEEF BOLAGNAISE PASTA BAKE WITH GARLIC BREAD (G,W,M,S)	Breaded Fish Fingers and chips (G, W, F)
<u>Vegetarian Meal</u> All are served with vegetables of the day or chopped salad	Veggie sausage roll with baked wedges (G, W, E, S)	Mini spring rolls with rice and vegetable stir-fry (G, W, E, S, SS)	Summer vegetable bake Summer vegetables topped with sliced potato and a cheddar cheese gratin (M)	SOUTHERN BAKED QUORN ESCOLOPE TOPPED WITH B-B-Q SAUCE AND CHEDDER CHEESE SERVED WITH NEW POTATOES AND VEGETABLES (G,E,MU,W,C,S)	Wholemeal cheese and tomato pizza with chips (G, W, M, C)
<u>Jacket Potato</u> Served with chopped salad	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)
<u>Picnic Lunch</u> HAM(W) CHEESE (M,W) TUNA (F,E,W)	Cucumber and carrot sticks (no allergens) Mini savoury cheese and tomato muffin (G, W, E, M) Baked crisps (no allergens)	Cheese and grapes (M) BBQ Chicken bites (No allergens) Baked crisps (no allergens)	Cherry tomatoes and sugar snap peas (No allergens) Mini Pork sausage rolls (G, W, E, M) Baked crisps (no allergens)	Cucumber and carrot sticks (no allergens) Mini cheese and onion scone (G, W, E, M) Baked crisps (no allergens)	Cheese and grapes (M) Mini Pepperoni pizza (G, W, E, M) Baked crisps (no allergens)
<u>Dessert</u> Dessert is included with all meals including the picnic lunch. Jelly and fruit also available daily	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)

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Week 3 & 7	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal All are served with vegetables of the day or chopped salad	SWEET CHICKEN CURRY WITH RICE AND NAAM BREAD (G,W,MU,CO,M)	Toasted chicken baguette topped with a homemade tomato sauce and mozzarella with herby diced potatoes (G, W, M, S)	Roast Beef with Yorkshire pudding, roast potatoes and gravy (G, W, E, M)	SAUSAGE MEAT PLAIT SERVED WITH STEAMED NEW POTATOES AND VEGETABLES OF THE DAY (G,W,F,)	Breaded Fish Fingers and chips (G, W, F)
Vegetarian Meal All are served with vegetables of the day or chopped salad	Quorn dippers with herby diced potatoes and BBQ sauce (G, E, W, S, MU)	Not too spicy potato and cauliflower flatbread with mango chutney and crunchy salad, and rice (G, W, CO, MU)	Veggie sausage casserole with Yorkshire pudding and roast potatoes (G, W, E, M, S)	Macaroni cheese with a garlic slice (G, W, M, S)	Wholemeal cheese and tomato pizza with chips (G, W, M, C)
Jacket Potato Served with chopped salad	Grated Cheese (M) HAM Baked beans (No allergens)	Grated Cheese (M) HAM Baked beans (No allergens)	Grated Cheese (M) HAM Baked beans (No allergens)	Grated Cheese (M) HAM Baked beans (No allergens)	Grated Cheese (M) HAM Baked beans (No allergens)
Picnic Lunch HAM(W) CHEESE (M,W) TUNA (F,E,W)	Cucumber and carrot sticks (no allergens) Mini savoury cheese and tomato muffin (G, W, E, M) Baked crisps (no allergens)	Cheese and grapes (M) BBQ Chicken bites (No allergens) Baked crisps (no allergens)	Cherry tomatoes and sugar snap peas (No allergens) Mini Pork sausage rolls (G, W, E, M) Baked crisps (no allergens)	Cucumber and carrot sticks (no allergens) Mini cheese and onion rolls (G, W, E, M) Baked crisps (no allergens)	Cheese and grapes (M) Mini Pepperoni pizza savoury muffin (G, W, E, M) Baked crisps (no allergens)
Dessert Dessert is included with all meals including the picnic lunch. Jelly and fruit also available daily	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)

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Week 4 & 8	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main Meal</u> All are served with vegetables of the day or chopped salad	BBQ beef meatballs with braised rice and tortilla chips (G, W, MU, C, S)	sausage roll with baked wedges (G, W, M)	Roast PORK with stuffing, roast potatoes and gravy (G, W)	Ham and cheese omelette Served with new potatoes and vegetables (m)	Breaded Fish Fingers and chips (G, W, F)
<u>Vegetarian Meal</u> All are served with vegetables of the day	Roasted veg tortilla wrap with braised rice (G, W, M)	Cheese and onion goujons with baked wedges (G, W, E, M)	Quorn cottage pie with a sweet potato crust (G, W, S, M)	Crispy tempura veggies with rice and vegetable stir-fry	Wholemeal cheese and tomato pizza with chips (G, W, M, C)
<u>Jacket Potato</u> Served with chopped salad	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)	Grated Cheese (M) HAM Baked beans (No allergens) Tuna Mayo (F, E, MU)
<u>Picnic Lunch</u> <u>HAM(W)</u> <u>CHEESE (M,W)</u> <u>TUNA (F,E,W)</u>	Cucumber and carrot sticks (no allergens) Mini savoury cheese and tomato muffin (G, W, E, M) Baked crisps (no allergens)	Cheese and grapes (M) BBQ Chicken bites (No allergens) Baked crisps (no allergens)	Cherry tomatoes and sugar snap peas (No allergens) Mini Pork sausage rolls (G, W, E, M) Baked crisps (no allergens)	Cucumber and carrot sticks (no allergens) Mini cheese and onion rolls (G, W, E, M) Baked crisps (no allergens)	Cheese and grapes (M) Mini Pepperoni pizza savoury muffin (G, W, E, M) Baked crisps (no allergens)
<u>Dessert</u> Dessert is included with all meals including the picnic lunch. Jelly and fruit also available daily	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)	Homemade Bake (G, W, E, M)

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