

Primary weeks 1, 4 & 7

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u>	Pork Sausage and mash with gravy, sweetcorn and carrots Contains – G, W, M	Beef Bolognese with penne pasta, a toasted cheese slice and salad pot Contains – G, W, M	Roast pork with gravy, roast potatoes, cauliflower and green beans Contains – G, W	Not too spicy chicken tikka masala served with rice, mini naan, poppadum's and crunchy Asian salad pot Contains – MU, CO, G, W, M	Breaded fish fingers with garden peas and chips Contains – G, W, F
<u>Vegetarian</u>	Cherry tomato and broccoli pasta bake with sweet corn and garlic bread Contains – G, W, M	Not so spicy Jerk tofu with peas, sweetcorn and potato wedges	Cauliflower and broccoli cheese with roast potatoes and green beans Contains – G, W, M	Butterbean lasagne with garlic slice and salad Contains - G, W, M, C	Cheese and tomato pizza with coleslaw and chips Contains – G, W, M, E, C
<u>Jacket Potato</u> Served with a mini side salad	Baked beans	Grated cheese Contains - M	Chopped ham	Tuna Mayo Contains – F, E	Baked beans
<u>Picnic lunch</u>	Flour wrap With Plain ham Contains – G, W, M or Plain cheese Contains – G, W, M or Hot sausage Contains – G, W, M *** Popcorn *** Crunchy veg sticks *** Fruit pot	Baker's Roll With Plain ham Contains –S, G, W, M or Plain cheese Contains –S, G, W, M or Egg mayo Contains –S, G, W, M, E *** Baked crisps *** Crunchy veg sticks *** Fruit pot	Sandwich With Plain ham Contains – G, W, M or Plain cheese Contains – G, W, M or Hot roast pork Contains – G, W, M *** Mini cheddars Contains – G, W, B, M *** Crunchy veg sticks *** Fruit pot	Flour wrap With Plain ham Contains – G, W, M or Plain cheese Contains – G, W, M or Chicken mayo Contains – G, W, M, E *** Baked crisps *** Crunchy veg sticks *** Fruit pot	Baker's roll With Plain ham Contains – S, G, W, M or Plain cheese Contains –S, G, W, M or Fish fingers Contains –S, G, W, M, F *** Cup of chips *** Crunchy veg sticks *** Fruit pot
<u>Salad Box</u> Mixed leaves, grated carrot, cherry tomatoes, cucumber and sliced peppers. Served with a petit pain Petit pain contains – G, W	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham
<u>Dessert</u>	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots

Allergen Information

G = gluten, W = wheat, B = barley, 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

Primary Weeks 2 & 5

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u>	Chicken and bacon pasta bake with green beans and garlic bread Contains – G, W, M	Pork meatballs in tomato sauce with fluffy rice and sweetcorn Contains – G, W, SD	Roast beef with Yorkshire pudding, gravy, roast potatoes, carrots and cauliflower Contains – G, W, M, E	Sweet and sour chicken with fresh pineapple, peppers and fluffy rice Contains – S, SS	Ham and pepperoni pizza with coleslaw and chips Contains – G, W, M, E, C
<u>Vegetarian</u>	Veggie Sausage and mash with vegetable gravy, sweetcorn and carrots Contains – G, W, M	Sweet and sour Quorn with fresh pineapple, peppers and fluffy rice Contains – S, SS, E	Chick pea loaf with Yorkshire pudding, roast potatoes, carrots and cauliflower Contains – G, W, M, E	Penne pasta in homemade tomato sauce with a toasted cheese slice and salad Contains – G, W, M	Fishless fingers with garden peas and chips Contains – G, W
<u>Jacket Potato</u> Served with a mini side salad	Baked beans	Grated cheese Contains - M	Chopped ham	Tuna Mayo Contains – F, E	Baked beans
<u>Picnic lunch</u>	Flour wrap With Plain ham Contains – G, W, M or Plain cheese Contains – G, W, M or Chicken mayo Contains – G, W, M, E *** Baked crisps *** Crunchy veg sticks *** Fruit pot	Bakers roll With Plain ham Contains –S, G, W, M or Plain cheese Contains – S, G, W, M or Mini meatballs Contains – S, G, W, M, SD *** Baked crisps *** Crunchy veg sticks *** Fruit pot	Sandwich With Plain ham Contains – G, W, M or Plain cheese Contains – G, W, M or Hot roast beef Contains – G, W, M *** Mini cheddars Contains – G, W, B, M *** Crunchy veg sticks *** Fruit pot	Flour wrap With Plain ham Contains – G, W, M or Plain cheese Contains – G, W, M Or Chicken mayo Contains – G, W, M, E *** Baked crisps *** Crunchy veg sticks *** Fruit pot	Baker's roll With Plain ham Contains –S, G, W, M or Plain cheese Contains – S, G, W, M or Tuna Mayo Contains –S, G, W, M, F, E *** Cup of chips *** Crunchy veg sticks *** Fruit pot
<u>Salad Box</u> Mixed leaves, grated carrot, cherry tomatoes, cucumber and sliced peppers. Served with a petit pain Petit pain contains – G, W	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham
<u>Dessert</u>	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots

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Primary Weeks 3 & 6

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main</u>	Caribbean chicken with fluffy rice, peas and sweetcorn Contains CO	Pork sausage in a Yorkshire pudding with mashed potatoes and carrots Contains - G, W, M, E	Roast turkey with gravy, cabbage, cauliflower and roast potatoes Contains - G, W	Chunky beef lasagne with salad and garlic bread Contains - G, W, M, C	BBQ chicken burger in a soft bun with chips and coleslaw Contains - G, W, C
<u>Vegetarian</u>	Veggie balls in a tomato sauce with fluffy rice, peas, and sweetcorn Contains S, W, B, SD	Not too spicy Quorn tikka masala served with rice, mini naan, poppadums and crunchy Asian salad pot Contains – MU, CO, G, W, M	Butternut squash and lentil bake with roast potatoes, cabbage and cauliflower Contains – M, E	Veggie sausage in a Yorkshire pudding with mashed potatoes and carrots Contains-G, W, M, E,	Cheese and tomato pizza with coleslaw and chips Contains – G, W, M, E, C
<u>Jacket Potato</u> Served with a mini side salad	Baked beans	Grated cheese Contains - M	Chopped ham	Tuna Mayo Contains – F, E	Baked beans
<u>Picnic lunch</u>	Flour wrap With Plain ham Contains – G, W, M or Plain cheese Contains – G, W, M or Chicken mayo Contains – G, W, M, E *** Cup of wedges *** Crunchy veg sticks *** Fruit pot	Bakers roll With Plain ham Contains – G, W, M or Plain cheese Contains – G, W, M or Hot sausage Contains – G, W, M *** Popcorn *** Crunchy veg sticks *** Fruit pot	Sandwich With Plain ham Contains – G, W, M or Plain cheese Contains – G, W, M or Hot roast turkey Contains – G, W, M *** Baked crisps *** Crunchy veg sticks *** Fruit pot	Flour wrap With plain cheese Contains – G, W, M or plain ham Contains – G, W, M or Chicken mayo Contains – G, W, M, E *** Mini cheddars Contains – G, W, B, M *** Crunchy veg sticks *** Fruit pot	Bakers roll With Plain ham Contains – G, W, M or Plain cheese Contains – G, W, M or Tuna mayo Contains – G, W, M, F *** Cup of fries *** Crunchy veg sticks *** Fruit pot
<u>Salad Box</u> Mixed leaves, grated carrot, cherry tomatoes, cucumber and sliced peppers. Served with a petit pain Petit pain contains – G, W	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham	Choose your topper: Cheese. Contains - M Hard-boiled egg Contains - E Tuna mayo Contains – F, E Sliced Ham
<u>Dessert</u>	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots	Homemade bakes Jellies and mousses Fresh fruit Crunchy veg pots

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