

Weeks
1 & 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch MEAT	Not so spicy tandoori chicken curry with rice and peas (CO, MU)	B-B-Q BEEF MEATBALLS SERVED WITH RICE AND VEGETABLES W,D,S,M,G	Pork sausage served with mash potato and baked beans (G, W, , SD, ML)	BOLAGNAISE PASTA BAKE SERVED WITH NGARLIC BREAD AND VEGETABLES W,D ,G	FISH FINGER AND CHIPS SERVED WITH BAKED BEANS F,G
HOT LUNCH VEGETARIAN	QUORN SAUSAGE AND MASH SERVED WITH BAKED BEANS W, SD ,D	Tomato and basil pasta served with garlic bread and salad (v) (G, W, , ML, CE D	CREAMY VEGETABLE AND LENTAL CURRY SERVED WITH RICE AND NAAN BREAD MU,CO	Chinese spring roll served with noodle and vegetable stir-fry (G, W, E, CE, S, SS)	Cheese and tomato pizza served with chips (v) (G, W, ML, D)
Jacket Potato Bar Served with salad	Jacket potato with Grated cheese (ML)	Jacket potato with Tuna mayo (F, E, MU)	Jacket potato with Ham	Jacket potato with Baked Beans	Jacket potato with Grated cheese (ML)
Picnic Lunch	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack

Allergen Key

G = gluten, W = wheat, E = egg,, CE= celery, F = Fish, N = nuts, S = Soya beans, ML = Milk, MU= mustard, SS = sesame seeds, SD = sulphur dioxide, L = lupin, Mo = molluscs, CR = crustaceans, CO = coconut D=DAIRY

Weeks

2 & 6

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch	BBQ pork meatballs with rice and peas (G, W, E, S, CE)	GOLDEN CHICKEN NUGGETS W,G	Chicken and VEGETABLE hot-pot (no allergens)	BEEF CHILLI SERVED WITH RICE AND NACHOS AND VEGETABLES B,C,G,S,W,D,	FISH FINGER CHIPS AND BEANS F,G,
HOT MEAL VEGETRIAN	TEMPURA SWEET AND SOUR VEGETABLES SERVED WITH RICE (G)	Veggie sausage roll with baked wedges and baked beans (v) (G, W,)	MEXICAN VEGETABLE WRAPS SERVED WITH RICE AND SALAD G,C,S,B,D,	Macaroni cheese bake with garlic bread and salad (v) (G, W, ML, ,MU	Cheese and tomato pizza served with chips (v) (G, W, ML, D
Jacket Potato Bar Served with salad	Jacket potato with Grated cheese (ML)	Jacket potato with Tuna mayo (F, E, MU)	Jacket potato with Ham	Jacket potato with Baked Beans	Jacket potato with Grated cheese (ML)
Picnic Lunch	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack

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Weeks

3 & 7

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch	PORK SAUSAGE ROLL SERVED WITH BAKED WEDGES AND BAKED BEANS G,W,G	Nut-Free chicken korma with rice and peas (CO, MU)	Beef and vegetable casserole with mash and Green beans (G, W, SD, ML, D)	GARLIC AND HERB BREADED CHICKEN FILLET SERVED WITH DICED POTATO AND SWEETCORN W,E, G	FISH FINGER CHIPS AND BEANS F,W,G
HOT LUNCH VEGETARIAN	QUORN SHEPPARDS PIE MINCED QUORN AND VEGETABLES IN A RICH GRAVY TOPPED WITH SWEET POTATO MASH	Tomato and basil pasta served with garlic bread and salad (v) (G, W, S, ML, CE)	CHEESE OMELLET SERVED WITH NEW POTATOS AND VEGETABLES E,D,M	Southern style quorn goujons with diced potatoes and sweetcorn (v) (G, W, E, CE, S, SS)	Cheese and tomato pizza served with chips (v) (G, W, ML, D)
Jacket Potato Bar Served with salad	Jacket potato with Grated cheese (ML)	Jacket potato with Tuna mayo (F, E, MU)	Jacket potato with Ham	Jacket potato with Baked Beans	Jacket potato with Grated cheese (ML)
Picnic Lunch	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack

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Weeks

4 & 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch	Hong-Kong chicken with rice and peas (S, MU,W)	BEEF LASAGNE SERVED WITH GARLIC BREAD AND VEGETABLES W,D,MU,ML,G	CHICKEN meatballs in gravy with mashed potato and broccoli (ML,D)	BEEF BURGER IN A SOFT BAP SERVED WITH BAKED WEDGES AND PEAS W,G,	FISH FINGER SERVRD WITH CHIPS AND BEANS F,W
HOT LUNCH VEGETIRIAN	QUORN BOLAGNAISE WITH SPAGHETTI AND GARLIC BREAD SERVED WITH VEGETABLES B,E,W,MU	Cheese and onion pastry with baked wedges and sweetcorn (v) (G, W, ML,D)	VEGGIE TOAD IN THE HOLE QUORN SAUSAGE AND YORKSHIRE PUDDING WITH CREAMY MASH AND GRAVY G,S,W,E,M.D	Macaroni cheese bake with garlic bread and salad (G, W, ML, S, MU)	Cheese and tomato pizza served with chips (v) (G, W, ML, D)
Jacket Potato Bar Served with salad	Jacket potato with Grated cheese (ML)	Jacket potato with Tuna mayo (F, E, MU)	Jacket potato with Ham	Jacket potato with Baked Beans	Jacket potato with Grated cheese (ML)
Picnic Lunch	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack	Corby roll filled with Ham (G, W, ML) Tuna Mayo (G, W, F, E, MU, ML) Cheese (G, W, ML) 2 x Healthy Snack

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