

Commencing: 1st Nov, 22nd Nov, 13th Dec, 17th Jan, 7th Feb, 7th March, 28th March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Vegetable burger with Baked Wedges and Seasonal Vegetables (G) (W) (SU) (SE)	BBQ Chicken Wrap served with Baby New Potatoes and Seasonal Vegetables (G) (W) (B) (SO) (C)	Beef Lasagne served with Garlic Bread and Seasonal Vegetables (G) (W) (MK)	Farm Assured Roast Chicken with Potatoes, Seasonal Vegetables and Gravy	Cod Fish Fingers served with Chips, Garden Peas and Baked Beans *Salmon Fish Fingers Available (G) (W) (F)
Meat Free	Vegetable Bolognese with Rice and Seasonal Vegetables	Roasted Vegetable & Cheese Wrap served with Baby New Potatoes and Seasonal Vegetables (G) (W) (MK)	Vegetable Lasagne served with Garlic Bread and Seasonal Vegetables (G) (W) (MK)	Quorn Roast with Potatoes, Seasonal Vegetables and Gravy (E)	Vegetable Nuggets served with Chips, Garden Peas and Baked Beans (G) (W)
Desserts	Mixed Berry Sponge Fresh Fruit	Fruit Yogurt & Coulis Fresh Fruit	Apple Crumble & Custard Fresh Fruit	Fruit Yogurt & Coulis Fresh Fruit	Fruit Flapjack Fresh Fruit
	(G) (W) (E) (MK)	(MK)	(G) (W) (E) (MK)	(MK)	((G) (W) (MK)



Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings





Commencing: 8th Nov, 29th Nov, 3rd Jan, 24th Jan, 21st Feb, 14th March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Hand Made Roasted Veg Pizza served with Herby Diced Potatoes and Coleslaw	Chicken Sausages served with Mashed Potatoes, Seasonal Vegetables and Rich Gravy	Sticky Texan Chicken served with Golden Vegetable Rice and Seasonal Vegetables	Roast Beef with Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy	Crispy Fish Fillet served with Chips, Garden Peas and Baked Beans and Tomato Ketchup
	(G) (W) (S0) (MK) (E)	(G)(W)(SU)(MK)(SO)	(G) (W) (B) (C) (SO)	(G) (W) (MK) (E) (SU)	(G) (W) (F)
Meat Free	Vegetable Stew with Rice and Seasonal Vegetables	Vegetable Sausages served with Mashed Potatoes, Seasonal Vegetables and Rich Gravy	Classic Mac 'n' Cheese with Seasonal Vegetables	Quorn Roast with Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy	Vegetable Nuggets served with Chips, Garden Peas and Baked Beans and Tomato Ketchup
		(G) (W) (B) (MK) (E)	(G) (W) (MK)	(G) (W) (MK) (E) (SU)	(G) (W)
Desserts	Apple Sponge & Custard Fresh Fruit	Fruit Yogurt & Coulis Fresh Fruit	Cherry Cookie Fresh Fruit	Fruit Yogurt & Coulis Fresh Fruit	Chocolate Brownie Fresh Fruit
	(G) (W) (E) (MK)	(MK)	(G) (W) (MK)	(MK)	(G) (W) (E) (MK)



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Fruit platter and natural yogurt with toppings





Commencing: 15th Nov, 6th Dec, 10th Jan, 31st Jan, 28th Feb, 21st March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Quorn Dog in a Roll served with Potato Wedges, Seasonal Vegetables and Tomato Ketchup	Mild and Creamy Chicken Curry with Fluffy Rice, Naan Bread and Seasonal Vegetables	Pasta Bolognese served with Seasonal Vegetables and Garlic Bread	Farm Assured Roast Chicken with Roast Potatoes, Seasonal Vegetables and Gravy	Cod Fish Fingers served with Chips, Garden Peas and Baked Beans and Tomato Ketchup
	(G) (W) (E)	(G) (W) (MK)	(G) (W) (MK)		(G) (W) (F)
Meat Free	Vegetable Quesadilla served with Potato Wedges and Seasonal Vegetables	Roasted Vegetable Moussaka with Naan Bread and Seasonal Vegetables	Mediterranean Vegetable and Tomato Pasta with with Seasonal Vegetables and Garlic Bread	Quorn Roast with Roast Potatoes, Seasonal Vegetables and Gravy	Vegetable Nuggets served with Chips, Garden Peas and Baked Beans and Tomato Ketchup
	(G) (W) (MK)	(G) (W)	(G) (W) (MK)	(E)	(G) (W)
Desserts	Pancake with Sauces Fresh Fruit	Fruit Yogurt & Coulis Fresh Fruit	Chocolate Cake Fresh Fruit	Fruit Yogurt & Coulis Fresh Fruit	Lemon Drizzle Cake Fresh Fruit
	(G) (W) (E) (MK)	(MK)	(G) (W) (E) (MK)	(MK)	(G) (W) (E) (MK)



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Fruit platter and natural yogurt with toppings

