

Week Commencing	Menu Served
4th March	Week One
11th March	Week Two
26th February, 18th March	Week Three

The Pre-School and Infant Menus are on final pages

Remember you can pre -order your packed lunch using the on-line service by 9.00am daily.

Gluten Free options are available so just mention it on your order.

Please check the allergen information at the point of service.

WEEK ONE Available to Year 3 and above

Monday	Tuesday	Wednesday
MAIN Beef Bolognaise Pasta Bake (contains: wheat, milk) Non-Dairy & Non-Gluten Beef Bolognaise & Pasta PLANT POWER Vegan Mushroom & Spinach Spaghetti (contains: wheat, soya) VEGETABLES Sweetcorn & Green Beans DESSERT Fruit Crumble (contains: wheat) with Custard (contains: milk)	MAIN Chicken & Vegetable Hot Pot (contains: celery) PLANT POWER Thai Sweet Potato Curry Steamed Rice VEGETABLES Savoy Cabbage & Zero Waste Carrots DESSERT Chocolate Orange Sponge (contains: wheat) with Custard (contains: milk)	MAIN Old English Cumberland Sausages (contains: wheat, sulphites) Non-Gluten Sausages (contains: sulphites) Non-Gluten Vegetarian Gravy PLANT POWER Vegan Quorn Sausages (contains: wheat) VEGETABLES Creamed Mashed Potato (contains: milk) or Non-Dairy Mashed Potato Garden Beans & Baked Beans DESSERT Jam & Coconut Sponge (contains: wheat, sulphites) Custard (contains: milk)
Thursday: GREEK GOODNESS	Friday	Pasta & Jacket Potato, Salad & Soup Bar
MAIN Chicken Souvlaki served with pitta bread (contains: wheat), Tzatziki (contains: milk, sulphites), Iceberg Lettuce and Sliced Tomato PLANT POWER Gigantes Plake (contains: celery) (this is a Greek-style butter bean & tomato stew) VEGETABLES Lemon & Garlic Roasted Mids (contains: sulphites) Greek Salad (contains: milk, wheat) DESSERT Portokalopita (Greek Orange Cake) (contains: wheat, milk, egg) with Cream (contains: milk)	MAIN Sausage Roll (contains; wheat, milk, soy, sulphites) Ham & Cheese Panini (contains: wheat, milk, may contain soy) Non-Gluten Fishcake (contains: fish) PLANT POWER Roasted Pepper Cheese Panini (contains: wheat, milk, may contain soy) VEGETABLES Chipped Potatoes, Garden Peas, Baked Beans DESSERT Lemon Cheesecake Pots (contains: wheat, milk, egg, sulphites, may contain soy)	PASTA BAR Plain & Wholemeal Pasta of the Day (contains: wheat) Non-Gluten Pasta available Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat) Dairy-Free & Non-Gluten Tomato & Basil Sauce Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil DAILY JACKET POTATO BAR Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR A selection of self-help basic and composite salads & accompaniments SOUP OF THE DAY & THAI NOODLE POTS Accompanied with a selection of Freshly Baked bread DESSERTS A selection of fresh fruit, yoghurt pots, jellies, and a cake of the day

WEEK TWO Available to Year 3 and above

Monday: Taste of India	Tuesday	Wednesday
MAIN	MAIN	MAIN
Chicken & Lentil Dhansak (contains: mustard, celery, may	Cottage Pie (contains: milk)	Chicken Arrabbiata Pasta Bake (contains: wheat, milk)
contain wheat)	Non-Dairy Cottage Pie	Garlic Bread (contains: wheat, may contain milk and soy)
Non-Gluten available	Non-Gluten Vegetarian Gravy	Non-Gluten available
		Non-Dairy available
PLANT POWER	PLANT POWER	
Sweet Potato & Chickpea Saag (contains: mustard, celery)	Vegan Leek & Spinach Risotto	PLANT POWER
		Roasted Vegetable Lasagne (contains: wheat, milk, egg, celery)
VEGETABLES	VEGETABLES	Garlic Bread (contains: wheat, may contain milk and soy)
Steamed White Rice	Fresh Broccoli Florets	
Aloo Gobi (spiced cauliflower & potato - contains: mustard)	Baked Beans	VEGETABLES
Garden Peas		Mixed Salad
DESCEDT	DESSERT	Broccoli Florets
DESSERT Rice Kheer (Indian Rice Pudding)	Marble Sponge (contains: wheat) with Custard (contains: milk)	
Rice Kneer (Indian Rice Pudding)		DESSERT
		Chocolate Sponge (contains: wheat)
		with Chocolate Custard (contains: milk)
Thursday	Friday	Pasta & Jacket Potato, Salad & Soup Bar
		PASTA BAR
MAIN Roast Pork	MAIN	Plain & Wholemeal Pasta of the Day (contains: wheat)
Roast Pork Sage & Onion Stuffing (contains: wheat)	Crispy Battered Pollock (contains: pollock, wheat)	Non-Gluten Pasta available
Non-Gluten Vegetarian Gravy	Non-Gluten Fishcake (contains: cod)	Tomato, Red Lentil & Basil Sauce (contains: milk, may contain whea
Non-Gluten vegetarian Gravy	Tartare Sauce (contains: egg, mustard) & Lemon Wedges	Dairy-Free & Non-Gluten Tomato & Basil Sauce
PLANT POWER	Curry Sauce (contains: milk, mustard)	
Vegan Country Vegetable Pie (contains: wheat, celery)		Green Pesto Dressing (contains: milk)
Non-Gluten Vegetarian Gravy	Jumbo Sausage (contains: wheat, sulphites) Non-Gluten Sausage (contains: sulphites)	Red Pesto Dressing (contains: milk)
	Non-Giuten Sausage (contains: suiphites)	Garlic Olive Oil
Non-Gluten vegetarian Gravy		
	PLANT POWER	DAILY JACKET POTATO BAR
VEGETABLES Roast Potatoes	PLANT POWER Roast Pepper, Spinach & Leek Quiche (contains: wheat, milk, egg)	Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish);
VEGETABLES	PLANT POWER	DAILY JACKET POTATO BAR Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk)
VEGETABLES Roast Potatoes Shredded Savoy Cabbage & Zero Waste Carrots DESSERT	PLANT POWER Roast Pepper, Spinach & Leek Quiche (contains: wheat, milk, egg)	Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish);
VEGETABLES Roast Potatoes Shredded Savoy Cabbage & Zero Waste Carrots DESSERT Apple Crumble (contains: wheat, may contain sesame)	PLANT POWER Roast Pepper, Spinach & Leek Quiche (contains: wheat, milk, egg) Vegan Quorn Sausages (contains: wheat) VEGETABLES	Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR
VEGETABLES Roast Potatoes Shredded Savoy Cabbage & Zero Waste Carrots DESSERT	PLANT POWER Roast Pepper, Spinach & Leek Quiche (contains: wheat, milk, egg) Vegan Quorn Sausages (contains: wheat)	Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk)
VEGETABLES Roast Potatoes Shredded Savoy Cabbage & Zero Waste Carrots DESSERT Apple Crumble (contains: wheat, may contain sesame)	PLANT POWER Roast Pepper, Spinach & Leek Quiche (contains: wheat, milk, egg) Vegan Quorn Sausages (contains: wheat) VEGETABLES	Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR A selection of self-help basic and composite salads &
VEGETABLES Roast Potatoes Shredded Savoy Cabbage & Zero Waste Carrots DESSERT Apple Crumble (contains: wheat, may contain sesame)	PLANT POWER Roast Pepper, Spinach & Leek Quiche (contains: wheat, milk, egg) Vegan Quorn Sausages (contains: wheat) VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans DESSERT Toffee Cheesecake Pot	Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR A selection of self-help basic and composite salads &
VEGETABLES Roast Potatoes Shredded Savoy Cabbage & Zero Waste Carrots DESSERT Apple Crumble (contains: wheat, may contain sesame)	PLANT POWER Roast Pepper, Spinach & Leek Quiche (contains: wheat, milk, egg) Vegan Quorn Sausages (contains: wheat) VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans DESSERT	Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR A selection of self-help basic and composite salads & accompaniments
VEGETABLES Roast Potatoes Shredded Savoy Cabbage & Zero Waste Carrots DESSERT Apple Crumble (contains: wheat, may contain sesame)	PLANT POWER Roast Pepper, Spinach & Leek Quiche (contains: wheat, milk, egg) Vegan Quorn Sausages (contains: wheat) VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans DESSERT Toffee Cheesecake Pot	Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR A selection of self-help basic and composite salads & accompaniments SOUP OF THE DAY & THAI NOODLE POTS Accompanied with a selection of Freshly Baked bread
VEGETABLES Roast Potatoes Shredded Savoy Cabbage & Zero Waste Carrots DESSERT Apple Crumble (contains: wheat, may contain sesame)	PLANT POWER Roast Pepper, Spinach & Leek Quiche (contains: wheat, milk, egg) Vegan Quorn Sausages (contains: wheat) VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans DESSERT Toffee Cheesecake Pot	Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR A selection of self-help basic and composite salads & accompaniments SOUP OF THE DAY & THAI NOODLE POTS

WEEK THREE Available to Year 3 and above

Monday	TACO TUESDAY	Wednesday
The Italian Job		MAIN
Slow Cooked Pork Ragu	MAIN	Rosemary & Thyme Breaded Chicken Thigh (contains: wheat)
(contains: celery)	Mexican Beef Chilli Taco (may contain: wheat, barley, oats, rye)	Non-Gluten Rosemary & Thyme Breaded Chicken Thigh
	Jalapeno, Salsa, Sour Cream, Guacamole (contains: milk)	Non-Gluten Vegetarian Gravy
PLANT POWER	Non-Gluten available	
Roasted Vegetable & Basil Risotto		PLANT POWER
(contains:celery)	PLANT POWER	Vegetable, Bean & Lentil Loaf Cake (may contain wheat)
VEGETABLES	Bean & Vegetable Chilli Taco (may contain: wheat, barley, oats, rye)	Non-Gluten Vegetarian Gravy
Mashed Potato (contains: milk), Non-Dairy Mashed Potato	Non-Gluten available	VEGETABLES
Broccoli Florets & Zero Waste Carrots		Roasted Potatoes
	VEGETABLES	Garden Peas & Zero Waste Carrots
DESSERT	Coriander & Lime Rice	
Apple Crumble (contains: wheat)	Pico de Gallo (tomato, onion & coriander salad)	DESSERT
with Custard (contains: milk)	Mexican Coleslaw	Rice Pudding (contains: milk)
		with a Fresh Fruit Sauce (contains: sulphites)
	DESSERT	
	Cinnamon Churro Chips (contains: wheat)	
	Honey Greek Yoghurt (contains: milk)	
Thursday	Friday	Pasta & Jacket Potato, Salad & Soup Bar
MAIN	MAIN	PASTA BAR Plain & Wholemeal Pasta of the Day (contains: wheat)
Rich Beef Lasagne (contains: wheat, milk, egg) Garlic Bread (contains: wheat, may contain milk & soy) Non-Gluten & Non-Dairy Beef Bolognaise Pasta	Hot Dog (contains: wheat, sulphites, may contain sesame) <i>Non-Gluten Sausage (may contain sulphites)</i> Thin Crust Pepperoni Pizza (contains: wheat, milk)	Non-Gluten Pasta available Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat Dairy-Free & Non-Gluten Tomato & Basil Sauce
Garlic Bread (contains: wheat, may contain milk & soy)	Non-Gluten Sausage (may contain sulphites)	Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat
Garlic Bread (contains: wheat, may contain milk & soy) Non-Gluten & Non-Dairy Beef Bolognaise Pasta PLANT POWER Chickpea, Vegetable & Tomato Loaf with a Tomato Sauce (contains: milk, may contain wheat) VEGETABLES Sweetcorn & Green Beans	Non-Gluten Sausage (may contain sulphites) Thin Crust Pepperoni Pizza (contains: wheat, milk) PLANT POWER Vegan Quorn Sausage (contains: wheat) Thin Crust Mozzarella Pizza (contains: wheat, milk) VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans	Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat Dairy-Free & Non-Gluten Tomato & Basil Sauce Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk)
Garlic Bread (contains: wheat, may contain milk & soy) Non-Gluten & Non-Dairy Beef Bolognaise Pasta PLANT POWER Chickpea, Vegetable & Tomato Loaf with a Tomato Sauce (contains: milk, may contain wheat) VEGETABLES Sweetcorn & Green Beans DESSERT	Non-Gluten Sausage (may contain sulphites) Thin Crust Pepperoni Pizza (contains: wheat, milk) PLANT POWER Vegan Quorn Sausage (contains: wheat) Thin Crust Mozzarella Pizza (contains: wheat, milk) VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans DESSERT	Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat) Dairy-Free & Non-Gluten Tomato & Basil Sauce Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil DAILY JACKET POTATO BAR Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk)
Garlic Bread (contains: wheat, may contain milk & soy) Non-Gluten & Non-Dairy Beef Bolognaise Pasta PLANT POWER Chickpea, Vegetable & Tomato Loaf with a Tomato Sauce (contains: milk, may contain wheat) VEGETABLES Sweetcorn & Green Beans	Non-Gluten Sausage (may contain sulphites) Thin Crust Pepperoni Pizza (contains: wheat, milk) PLANT POWER Vegan Quorn Sausage (contains: wheat) Thin Crust Mozzarella Pizza (contains: wheat, milk) VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans	Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat) Dairy-Free & Non-Gluten Tomato & Basil Sauce Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil DAILY JACKET POTATO BAR Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR A selection of self-help basic and composite salads &
Garlic Bread (contains: wheat, may contain milk & soy) Non-Gluten & Non-Dairy Beef Bolognaise Pasta PLANT POWER Chickpea, Vegetable & Tomato Loaf with a Tomato Sauce (contains: milk, may contain wheat) VEGETABLES Sweetcorn & Green Beans DESSERT Banana Cake (contains: wheat)	Non-Gluten Sausage (may contain sulphites) Thin Crust Pepperoni Pizza (contains: wheat, milk) PLANT POWER Vegan Quorn Sausage (contains: wheat) Thin Crust Mozzarella Pizza (contains: wheat, milk) VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans DESSERT Strawberry Cheesecake Pot	Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat) Dairy-Free & Non-Gluten Tomato & Basil Sauce Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil DAILY JACKET POTATO BAR Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR
Garlic Bread (contains: wheat, may contain milk & soy) Non-Gluten & Non-Dairy Beef Bolognaise Pasta PLANT POWER Chickpea, Vegetable & Tomato Loaf with a Tomato Sauce (contains: milk, may contain wheat) VEGETABLES Sweetcorn & Green Beans DESSERT Banana Cake (contains: wheat)	Non-Gluten Sausage (may contain sulphites) Thin Crust Pepperoni Pizza (contains: wheat, milk) PLANT POWER Vegan Quorn Sausage (contains: wheat) Thin Crust Mozzarella Pizza (contains: wheat, milk) VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans DESSERT Strawberry Cheesecake Pot	Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat) Dairy-Free & Non-Gluten Tomato & Basil Sauce Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil DAILY JACKET POTATO BAR Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR A selection of self-help basic and composite salads &
Garlic Bread (contains: wheat, may contain milk & soy) Non-Gluten & Non-Dairy Beef Bolognaise Pasta PLANT POWER Chickpea, Vegetable & Tomato Loaf with a Tomato Sauce (contains: milk, may contain wheat) VEGETABLES Sweetcorn & Green Beans DESSERT Banana Cake (contains: wheat)	Non-Gluten Sausage (may contain sulphites) Thin Crust Pepperoni Pizza (contains: wheat, milk) PLANT POWER Vegan Quorn Sausage (contains: wheat) Thin Crust Mozzarella Pizza (contains: wheat, milk) VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans DESSERT Strawberry Cheesecake Pot	Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat Dairy-Free & Non-Gluten Tomato & Basil Sauce Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil DAILY JACKET POTATO BAR Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR A selection of self-help basic and composite salads & accompaniments SOUP OF THE DAY & THAI NOODLE POTS

Pre-School & Infants



WEEK ONE Pre-School & Infants

Monday	Tuesday	Wednesday
MAIN Beef Bolognaise Pasta Bake (contains: wheat, milk) Non-Dairy & Non-Gluten Beef Bolognaise & Pasta PLANT POWER Vegan Mushroom & Spinach Spaghetti (contains: wheat, soya) VEGETABLES Sweetcorn & Green Beans DESSERT Fruit Crumble (contains: wheat) with Custard (contains: milk)	HAIN Chicken & Vegetable Hot Pot (contains: celery) Homemade Sausage Roll (contains: wheat, sulphites) PLANT POWER Thai Sweet Potato Curry Steamed Rice VEGETABLES Moasted New Potatoes Savoy Cabbage & Zero Waste Carrots DESSERT Chocolate Orange Sponge (contains: wheat) with Custard (contains: milk)	MAIN Old English Cumberland Sausages (contains: wheat, sulphites) Non-Gluten Sausages (contains: sulphites) Non-Gluten Vegetarian Gravy PLANT POWER Vegan Quorn Sausages (contains: wheat) VEGETABLES Creamed Mashed Potato (contains: milk) or Non-Dairy Mashed Potato Garden Beans & Baked Beans DESSERT Jam & Coconut Sponge (contains: wheat, sulphites) Custard (contains: milk)
Thursday: Greek Goodness	Friday	Pasta & Jacket Potato, Salad & Soup Bar
MAIN Chicken Souvlaki served with pitta bread (contains: wheat), Tzatziki (contains: milk, sulphites), lceberg Lettuce and Sliced Tomato Breaded Chicken Bites (contains: wheat) PLANT POWER Gigantes Plake (contains: celery) (this is a Greek-style butter bean & tomato stew) VEGETABLES Lemon & Garlic Roasted Mids (contains: sulphites) Greek Salad (contains: milk, wheat) Sauteed Potatoes Brocolli DESSERT Portokalopita (Greek Orange Cake) (contains: wheat, milk, egg) with Cream (contains: milk)	MAIN Sausage Roll (contains; wheat, milk, soy, sulphites) Ham & Cheese Panini (contains: wheat, milk, may contain soy) Non-Gluten Fishcake (contains: fish) Fish Fingers (contains: wheat, fish) PLANT POWER Roasted Pepper Cheese Panini (contains: wheat, milk, may contain soy) VEGETABLES Chipped Potatoes, Garden Peas, Baked Beans DESSERT Lemon Cheesecake Pots (contains: wheat, milk, egg, sulphites, may contain soy)	PASTA BAR Plain & Wholemeal Pasta of the Day (contains: wheat) Non-Gluten Pasta available Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat) Dairy-Free & Non-Gluten Tomato & Basil Sauce Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil DAILY JACKET POTATO BAR Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish) Baked Beans; Cheddar Cheese (contains: milk) SALAD BAR A selection of self-help basic and composite salads & accompaniments SOUP OF THE DAY & THAI NOODLE POTS Accompanied with a selection of Freshly Baked bread

A selection of fresh fruit, yoghurt pots, jellies, and a cake of the day

WEEK TWO Pre-School & Infants

Monday: Taste of India	Tuesday	Wednesday
MAIN	MAIN	MAIN
Chicken & Lentil Dhansak (contains: mustard, celery, may	Cottage Pie (contains: milk)	Chicken Arrabbiata Pasta Bake (contains: wheat, milk)
contain wheat)	Non-Dairy Cottage Pie	Garlic Bread (contains: wheat, may contain milk and soy)
Non-Gluten available	Non-Gluten Vegetarian Gravy	Non-Gluten available
Chicken Meatballs in a Tomato Sauce	Non diaten vegetanan diavy	Non-Dairy available
Penne Pasta (contains: wheat)	PLANT POWER	Non Dany available
Non-Gluten pasta available		
Non-Gluten pasta available	Vegan Leek & Spinach Risotto	PLANT POWER
		Roasted Vegetable Lasagne (contains: wheat, milk, egg, celery
PLANT POWER	VEGETABLES	Garlic Bread (contains: wheat, may contain milk and soy)
Sweet Potato & Chickpea Saag (contains: mustard, celery)	Fresh Broccoli Florets	
	Baked Beans	VEGETABLES
VEGETABLES		Mixed Salad
Steamed White Rice	DESSERT	Broccoli Florets
Aloo Gobi (spiced cauliflower & potato - contains: mustard)	Marble Sponge (contains: wheat)	
Garden Peas	with Custard (contains: milk)	DESSERT
		Chocolate Sponge (contains: wheat)
DESSERT		with Chocolate Custard (contains: milk)
Rice Kheer (Indian Rice Pudding)		
Thursday	Friday	Pasta & Jacket Potato, Salad & Soup Bar
		PASTA BAR
MAIN	MAIN	Plain & Wholemeal Pasta of the Day (contains: wheat)
Roast Pork	Crispy Battered Pollock (contains: pollock, wheat)	Non-Gluten Pasta available
Sage & Onion Stuffing (contains: wheat)	Fishcake (contains: wheat, fish)	Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wh
Non-Gluten Vegetarian Gravy	Non-Gluten Fishcake (contains: cod)	Dairy-Free & Non-Gluten Tomato & Basil Sauce
Chicken Burger (contains: wheat, may contain sesame)	Tartare Sauce (contains: egg, mustard) & Lemon Wedges	
chicken Burger (contains: wheat, may contain sesame)	Curry Sauce (contains: milk, mustard)	Green Pesto Dressing (contains: milk)
PLANT POWER		Red Pesto Dressing (contains: milk)
	Jumbo Sausage (contains: wheat, sulphites)	Garlic Olive Oil
Vegan Country Vegetable Pie (contains: wheat, celery)	Non-Gluten Sausage (contains: sulphites)	dance onve on
Non-Gluten Vegetarian Gravy	Non-Gluten Sausage (contains, sulphiles)	
		DAILY JACKET POTATO BAR
VEGETABLES	PLANT POWER	Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish
Roast Potatoes	Roast Pepper, Spinach & Leek Quiche (contains: wheat, milk, egg)	Baked Beans; Cheddar Cheese (contains: milk)
Shredded Savoy Cabbage & Zero Waste Carrots	Vegan Quorn Sausages (contains: wheat)	
		SALAD BAR
Baked Beans		
	VEGETABLES	A selection of self-help basic and composite salads &
	VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans	A selection of self-help basic and composite salads & accompaniments
Baked Beans		
Baked Beans DESSERT		
Baked Beans DESSERT Apple Crumble (contains: wheat, may contain sesame)	Chipped Potatoes, Garden Peas or Baked Beans	accompaniments
Baked Beans DESSERT Apple Crumble (contains: wheat, may contain sesame)	Chipped Potatoes, Garden Peas or Baked Beans DESSERT	accompaniments SOUP OF THE DAY & THAI NOODLE POTS
Baked Beans DESSERT Apple Crumble (contains: wheat, may contain sesame)	Chipped Potatoes, Garden Peas or Baked Beans DESSERT Toffee Cheesecake Pot	accompaniments SOUP OF THE DAY & THAI NOODLE POTS

A selection of fresh fruit, yoghurt pots, jellies, and a cake of the day

WEEK THREE Pre-School & Infants

TACO TUESDAY
MAIN
Mexican Beef Chilli Taco (may contain: wheat, barley, oats, rye)
Jalapeno, Salsa, Sour Cream, Guacamole (contains: milk)
Beef Bolognaise Pasta Bake (contains: wheat, milk)
Non-Gluten available
PLANT POWER

Bean & Vegetable Chilli Taco (may contain: wheat, barley, oats, rye) Non-Gluten available

> VEGETABLES Coriander & Lime Rice Pico de Gallo (tomato, onion & coriander salad) Mexican Coleslaw

DESSERT Cinnamon Churro Chips (contains: wheat) Honey Greek Yoghurt (contains: milk)

Friday

MAIN Hot Dog (contains: wheat, sulphites, may contain sesame) *Non-Gluten Sausage (may contain sulphites)* Thin Crust Pepperoni Pizza (contains: wheat, milk) Fishcake (contains: wheat)

PLANT POWER Vegan Quorn Sausage (contains: wheat) Thin Crust Mozzarella Pizza (contains: wheat, milk)

VEGETABLES Chipped Potatoes, Garden Peas or Baked Beans

DESSERT Strawberry Cheesecake Pot (contains: wheat, may contain egg & soy)

Wednesday

MAIN

Rosemary & Thyme Breaded Chicken Thigh (contains: wheat) Non-Gluten Rosemary & Thyme Breaded Chicken Thigh Plain Grilled Chicken Thigh Non-Gluten Vegetarian Gravy

PLANT POWER Vegetable, Bean & Lentil Loaf Cake (may contain wheat) Non-Gluten Vegetarian Gravy

> VEGETABLES Roasted Potatoes Garden Peas & Zero Waste Carrots

DESSERT Rice Pudding (contains: milk) with a Fresh Fruit Sauce (contains: sulphites)

Pasta & Jacket Potato, Salad & Soup Bar

PASTA BAR Plain & Wholemeal Pasta of the Day (contains: wheat) Non-Gluten Pasta available Tomato, Red Lentil & Basil Sauce (contains: milk, may contain wheat) Dairy-Free & Non-Gluten Tomato & Basil Sauce

> Green Pesto Dressing (contains: milk) Red Pesto Dressing (contains: milk) Garlic Olive Oil

DAILY JACKET POTATO BAR Jacket Potato loaded with Tuna Mayonnaise (contains: egg, fish); Baked Beans; Cheddar Cheese (contains: milk)

SALAD BAR A selection of self-help basic and composite salads & accompaniments

SOUP OF THE DAY & THAI NOODLE POTS Accompanied with a selection of Freshly Baked bread

DESSERTS A selection of fresh fruit, yoghurt pots, jellies, and a cake of the day

VEGETABLES

(contains:celery)

Mashed Potato (contains: milk), Non-Dairy Mashed Potato Potato Wedges Baked Beans Broccoli Florets & Zero Waste Carrots

DESSERT

Apple Crumble (contains: wheat) with Custard (contains: milk)

Thursday

MAIN

Rich Beef Lasagne (contains: wheat, milk, egg) Garlic Bread (contains: wheat, may contain milk & soy) Non-Gluten & Non-Dairy Beef Bolognaise Pasta

PLANT POWER Chickpea, Vegetable & Tomato Loaf with a Tomato Sauce (contains: milk, may contain wheat)

> VEGETABLES Sweetcorn & Green Beans

> > DESSERT

Banana Cake (contains: wheat) Cream (contains: milk)