

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPTION 1</b>	BEEF MEATBALLS IN TOMATO SAUCE <b>GLUTEN</b>	CHICKEN STEW WITH YORKSHIRE PUDDINGS <b>GLUTEN</b>	ROAST PORK SERVED WITH ROAST POTATOES AND GRAVY	SAUSAGE PASTA <b>GLUTEN SULPHITES</b>	FILLET OF FISH <b>GLUTEN, FISH</b> SERVED WITH POTATO WEDGES
<b>OPTION2</b>	VEGETABLE MEATBALLS IN TOMATO SAUCE <b>GLUTEN</b>	VEGETABLE STEW WITH YORKSHIRE PUDDINGS <b>GLUTEN</b>	QUORN CHICKEN <b>GLUTEN, EGG, SOYA</b> SERVED WITH ROAST POTATOES AND GRAVY	VEGETABLE SAUSAGE PASTA <b>GLUTEN CELERY</b>	VEGETABLE BURGER <b>GLUTEN</b> SERVED WITH POTATO WEDGES
<b>OPTION 3</b>	JACKET POTATO CHOICE OF BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO CHOICE OF BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO CHOICE OF BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO CHOICE OF BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO CHOICE OF BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>
<b>VEGETABLES</b>	VEGETABLE RICE		SEASONAL VEGETABLES	GREEN BEANS	BAKED BEANS
<b>SALAD BAR AVAILABLE DAILY</b>	FRESH BREAD <b>GLUTEN</b> POTATO SALAD <b>EGG</b> PASTA <b>GLUTEN</b> COLESLAW <b>EGG</b> BEETROOT, PEPPERS, TOMATOES, CUCUMBER, EGGS.				
<b>Main Dessert</b>	WHOLE FRUIT AND YOGHURT <b>MILK</b>	FRUITY SHORTBREAD <b>GLUTEN SULPHITES</b>	JELLY <b>GELATINE</b>	BREAD PUDDING <b>GLUTEN SULPHITES</b>	CHOCOLATE AND PEAR CAKE SERVED WITH CHOCOLATE CUSTARD <b>GLUTEN, MILK</b>
<b>2<sup>nd</sup> Dessert</b>	YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPTION 1</b>	MILD CHILLI CON CARNE	SAUSAGE CASSEROLE SERVED WITH MASH <b>GLUTEN</b> <b>CELERY</b>	ROAST TURKEY SERVED WITH ROAST POTATOES	CHEESE AND TOMATO PASTA <b>GLUTEN, MILK</b>	FISHFINGERS AND CHIPS <b>GLUTEN, FISH</b>
<b>OPTION 2</b>	5 BEAN CHILLI	VEGETABLE SAUSAGE CASSEROLE SERVED WITH MASH <b>GLUTEN</b> <b>CELERY</b>	CAULIFLOWER AND BROCCOLI CHEESE <b>GLUTEN,</b> <b>SOYA, MILK</b> SERVED WITH ROAST POTATOES	TOMATO AND BEAN PASTA <b>GLUTEN</b>	VEGETABLE BURGER <b>GLUTEN</b> WITH CHIPS
<b>OPTION 3</b>	JACKET POTATO BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>
<b>VEGETABLES</b>	VEGETABLE RICE		SEASONAL VEGETABLES	GARDEN PEAS	BAKED BEANS
<b>SALAD BAR AVAIALE DAILY</b>	FRESH BREAD <b>GLUTEN</b> POTATO SALAD <b>EGG</b> PASTA <b>GLUTEN</b> COLESLAW <b>EGG</b> BEETROOT, PEPPERS,TOMATOES,CUCUMBER,EGGS.				
<b>DESSERTS</b>					
<b>OPTION 1</b>	WHOLE FRUIT AND YOGHURT <b>MILK</b>	PEACHES AND ICE CREAM <b>MILK</b>	JAM AND CUSTARD TART <b>MILK, GLUTEN, EGGS</b>	PINK JAM SLICE <b>GLUTEN</b> <b>EGG</b>	BANANA CAKE <b>GLUTEN, EGG</b>
<b>OPTION 2</b>	YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>

# Menu JAN 20<sup>TH</sup> FEB 10<sup>TH</sup> MARCH 10<sup>TH</sup> MARCH 31<sup>ST</sup>



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPTION 1</b>	KATSU MILD CHICKEN CURRY	HOT DOGS <b>GLUTEN, SULPHITES</b> SERVED WITH POTATO BITES	ROAST CHICKEN SERVED WITH ROAST POTATOES	SPAGHETTI BOLOGNAISE <b>GLUTEN</b>	FISHFINGERS <b>GLUTEN, FISH</b> AND FRIES
<b>OPTION2</b>	KATSU MILD SWEET POTATO CURRY	VEGETABLE DOGS <b>GLUTEN,</b> <b>CELERY</b> SERVED WITH POTATO BITES	CAULIFLOWER CHEESE <b>GLUTEN, SOYA, MILK</b> SERVED WITH ROAST POTATOES	QUORN MINCE BOLOGNAISE <b>GLUTEN</b>	VEGETABLE FINGERS <b>GLUTEN</b> AND FRIES
<b>OPTION3</b>	JACKET POTATO BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>	JACKET POTATO BEANS CHEESE <b>MILK</b> TUNA <b>FISH</b>
<b>VEGETABLES</b>	VEGETABLE RICE	BAKED BEANS	SEASONAL VEGETABLES	PEAS	SPAGHETTI HOOPS <b>GLUTEN</b>
<b>SALAD BAR AVAIABLE DAILY</b>	FRESH BREAD <b>GLUTEN</b> POTATO SALAD <b>EGG</b> PASTA <b>GLUTEN</b> COLESLAW <b>EGG</b> BEETROOT, PEPPERS, TOMATOES, CUCUMBER, EGGS.				
<b>DESSERTS</b>					
<b>OPTION 1</b>	WHOLE FRUIT AND YOGHURT <b>MILK</b>	CHOCOLATE BROWNIE <b>GLUTEN, EGGS</b>	RASPBERRY MOUSSE <b>MILK</b>	LEMON DRIZZLE CAKE <b>GLUTEN, EGGS</b>	SPOTTED DICK SERVED WITH CUSTARD <b>MILK, GLUTEN, SULPHITES</b>
<b>OPTION 2</b>	YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>	FRUIT SALAD AND YOGHURT <b>MILK</b>