

Menu

W/C : 20th April, 11th May, 8th June, 29th June, 20th July



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Meatballs in a Tomato Sauce 64g and 3.8g (sauce)	Chicken Sausages 6.8g GLUTEN served with New Potatoes 23.4g	Roast Gammon served with Roast Potatoes 21g and Gravy 5.3g	Tomato and Basil Pasta 64g and 3.8g (sauce) GLUTEN	Fish Fingers 21.4g GLUTEN, FISH served with Chips 22g
Option 2	Ratatouille 3.3g and 3.8g (sauce)	Vegetable Sausages 3g served with New Potatoes	Dairy Free Cauliflower 6.7g and 15.6g (sauce) Cheese served with Roast Potatoes and Gravy	Cheesy Pasta 64g and 15.6g (sauce) GLUTEN, MILK	Vegetable Fingers 24g GLUTEN, CELERY served with Chips 22g
Option 3	Jacket Potato 21g Cheese MILK Beans Tuna FISH	Cheese 0.1g Baguette MILK 48.8g served with Carrot Sticks	Tuna Mayo 12.7g (mayo) Baguette served with Cucumber Sticks GLUTEN, FISH	Ham Baguette GLUTEN served with Cucumber Sticks	Egg Mayo Baguette GLUTEN, EGG served with Salad Bar 22g
Vegetables	Vegetable 5.8g Rice 77.1g	Baked Beans 12.8g	Seasonal Vegetables 2.8g	Mixed Salad	Peas 8.8g
Salad Bar	Couscous GLUTEN , Pasta GLUTEN , Coleslaw EGG , Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous SESAME , Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
Main Dessert	Whole Fruit and Yoghurt MILK 14.8g	Whip 13.3g per 100ml MILK	Rock Cakes 70.7g GLUTEN, EGGS	Sorbet 29.7g	Lemon Drizzle Cake 70.7g GLUTEN, EGGS
2nd Dessert	Individual Yoghurt MILK	Fruit Salad & Yoghurt 7.8g MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK

Menu

W/C: 27th April, 18th May, 15th June, 6th July



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Rice 77.1g Bowl	Jacket Potato Cheese MILK Beans Tuna FISH	Roast Turkey served with Roast Potatoes 21g and Gravy 5.3g	Spaghetti Bolognese 64g and 3.8g (sauce) GLUTEN	Fillet of Fish 22.3g GLUTEN, FISH with Fries 22.2g
Option 2	Quorn 1.2g Chicken Rice bowl	Jacket Potato Cheese MILK Beans	Dairy Free Cauliflower Cheese 6.7g and 15.6g (sauce) served with Roast Potatoes and Gravy	Quorn Mince 2.3g Spaghetti Bolognese GLUTEN	Jacket Potato Cheese MILK Beans Tuna FISH
Option 3	Jacket Potato 21g Cheese 0.1g MILK Beans 12.8g Tuna FISH	Chicken and Sweetcorn 15.6g Baguette 48.8g GLUTEN, EGG	Cheese Sandwich 44.6g GLUTEN, MILK served with Vegetable Sticks	Ham Baguette GLUTEN served with Vegetable Sticks	Salmon Sandwich GLUTEN, FISH served with Salad Bar
Vegetables	Seasonal Vegetables 2.8g	Mixed Salad	Seasonal Vegetables	Mixed Salad	Baked Beans
Salad Bar	Couscous GLUTEN, Pasta GLUTEN, Coleslaw EGG, Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous SESAME, Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
Main Dessert	Whole Fruit and Yoghurt MILK	Vanilla Sponge 70.7g GLUTEN, EGGS	Chocolate Beetroot Brownie 49.6g GLUTEN, EGGS	Ice Cream 18.6g MILK	Carrot Cake 70.7g GLUTEN, EGGS
2nd Dessert	Individual Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK

Menu

W/C: 4th May, 1st June, 22nd June and 13th July



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Tikka 8.5g MILK	Bun Less Beef Burger 3.9g served with Rosti Bites 22g	Roast Chicken served with Roast Potatoes 21g and Gravy 5.3g	Beef Pasta Bake 64g and 3.8g (sauce) GLUTEN	Fish Fingers 21.4g GLUTEN, FISH and Fries 22.2g
Option 2	Sweet Potato 21.3g and Chickpea Curry 8.5g MILK	Bun Less Vegetable Burger 29.3g served with Rosti Bites 22g	Quorn Roast 2.1g served with Roast Potatoes and Gravy	Cheese Pasta Bake 64g and 15.6g (sauce) GLUTEN	Vegetable Fingers 24g GLUTEN and Fries 22.2g
Option 3	Jacket Potato 21g Cheese 0.1g MILK Beans 12.8g Tuna FISH	Tomato Pasta 64g GLUTEN	Dairy Free Cauliflower Cheese 6.7g and 15.6g (sauce) served with Roast Potatoes and Gravy	Ham Baguette 48.8g GLUTEN served with Cucumber Sticks	Cheese Baguette MILK served with Cucumber Sticks
Vegetables	Vegetable 5.8g Rice 77.1g	Mixed Salad	Seasonal Vegetables 2.8g	Mixed Salad	Baked Beans
Salad Bar	Couscous GLUTEN, Pasta GLUTEN, Coleslaw EGG, Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous SESAME, Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
Main Dessert	Whole Fruit and Yoghurt MILK	Apple 9.2g Flapjack 57.1g GLUTEN	Birthday Cake 70.7g GLUTEN, EGGS	Jelly 84.8g	Fruit 69.4g Shortbread 70.7g GLUTEN
2nd Dessert	Individual Yoghurt 14.8g MILK	Fruit Salad & Yoghurt 7.8g MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK