

# Menu

W/C 1<sup>st</sup> September, 22<sup>nd</sup> September, 13<sup>th</sup> October, 10<sup>th</sup> November, 1<sup>st</sup> December



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Sausage and Tomato Risotto GLUTEN	Cottage Pie	Roast Turkey served with Roast Potatoes and Gravy	Chicken Meatballs served with Pasta GLUTEN	Fish Fingers GLUTEN, FISH served with Chips
<b>Option 2</b>	Quorn Sausage and Tomato Risotto GLUTEN	Quorn Mince Cottage Pie EGG	Cauliflower Cheese served with Roast Potatoes and Gravy	Cheese and Tomato Pasta GLUTEN, MILK	Vegetable Fingers GLUTEN, CELERY served with Chips
<b>Option 3</b>	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Tuna and Sweetcorn Baguette GLUTEN, FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Cheese Baguette GLUTEN, MILK
<b>Vegetables</b>		Carrots	Seasonal Vegetables	Peas	Baked Beans
<b>Salad Bar</b>	Couscous GLUTEN, Pasta GLUTEN, Coleslaw EGG, Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous SESAME, Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
<b>Main Dessert</b>	Whole Fruit and Yoghurt MILK	Fruit Cake GLUTEN, EGG	Mini Doughnuts GLUTEN, MILK	Fruit Flapjack GLUTEN, SULPHITES	Beetroot Chocolate Brownie GLUTEN, EGGS
<b>2<sup>nd</sup> Dessert</b>	Individual Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK

# Menu

W/C 8<sup>th</sup> September, 29<sup>th</sup> September, 20<sup>th</sup> October, 17<sup>th</sup> November and 8<sup>th</sup> December



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Turkey Korma MILK	Cheese and Ham Quiche served with Potatoes GLUTEN, EGG, MILK	Roast Gammon served with Roast Potatoes and Gravy	Tomato and Basil Pasta GLUTEN	Fillet of Fish GLUTEN, FISH with Wedges
<b>Option 2</b>	Cheese Baguette served with Vegetable Sticks GLUTEN, MILK	Cheese and Tomato Quiche served with Potatoes GLUTEN, EGG, MILK	Cauliflower and Broccoli Cheese served with Roast Potatoes and Gravy	Cheesy Pasta GLUTEN, MILK	Vegetable Burger GLUTEN with Wedges
<b>Option 3</b>	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH	Jacket Potato Choice of Cheese MILK Beans and Tuna FISH
<b>Vegetables</b>	Vegetable Rice	Spaghetti Hoops GLUTEN	Seasonal Vegetables	Peas	Baked Beans
<b>Salad Bar</b>	Couscous GLUTEN, Pasta GLUTEN, Coleslaw EGG, Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous SESAME, Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
<b>Main Dessert</b>	Whole Fruit and Yoghurt MILK	Chocolate Sponge GLUTEN and Custard MILK	Fruit Jelly CONTAINS GELLATINE	Oat Cookie GLUTEN	Iced Sponge GLUTEN, EGGS
<b>2<sup>nd</sup> Dessert</b>	Individual Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK	Fruit Salad & Yoghurt MILK

# Menu

W/C 15<sup>TH</sup> September, 6<sup>th</sup> October, 3<sup>rd</sup> November, 24<sup>th</sup> November, 15<sup>th</sup> December



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Sausages served with Potatoes and Gravy <b>GLUTEN, SULPHITES</b>	Chinese Pork Curry <b>MUSTARD, GLUTEN</b>	Roast Chicken served with Roast Potatoes and Gravy	Spaghetti <b>GLUTEN</b> Bolognaise	Fish Fingers <b>GLUTEN, FISH</b> and Fries
<b>Option 2</b>	Quorn Sausages served with Potatoes and Gravy <b>GLUTEN</b>	Cheese Baguette served with Vegetable sticks <b>GLUTEN, MILK</b>	Quorn Chicken <b>GLUTEN</b> served with Roast Potatoes and Gravy	Quorn Mince <b>EGG, GLUTEN</b> Bolognaise	Vegetable Fingers <b>GLUTEN</b> and Fries
<b>Option 3</b>	Jacket Potato Choice of Cheese <b>MILK</b> Beans and Tuna <b>FISH</b>	Jacket Potato Choice of Cheese <b>MILK</b> Beans and Tuna <b>FISH</b>	Cauliflower Cheese served with Roast Potatoes and Gravy	Jacket Potato Choice of Cheese <b>MILK</b> Beans and Tuna <b>FISH</b>	Egg Mayo Baguette <b>GLUTEN, EGG</b>
<b>Vegetables</b>	Peas	Vegetable Rice	Seasonal Vegetables	Green Beans	Baked Beans
<b>Salad Bar</b>	Couscous <b>GLUTEN</b> , Pasta <b>GLUTEN</b> , Coleslaw <b>EGG</b> , Potato Salad, Tomatoes, Cucumber, Pepper Sticks, Houmous <b>SESAME</b> , Carrot Batons, Beetroot & Fresh Bread. Different Options Daily				
<b>Main Dessert</b>	Whole Fruit and Yoghurt <b>MILK</b>	Old School Jam Sponge <b>GLUTEN, EGGS, SULPHITES</b>	Frozen Toffee Yoghurt <b>MILK</b>	Cherry and Coconut Cake <b>GLUTEN, SULPHITES AND EGG</b>	Instant Whip <b>MILK</b>
<b>2<sup>nd</sup> Dessert</b>	Individual Yoghurt <b>MILK</b>	Fruit Salad & Yoghurt <b>MILK</b>	Fruit Salad & Yoghurt <b>MILK</b>	Fruit Salad & Yoghurt <b>MILK</b>	Fruit Salad & Yoghurt <b>MILK</b>