

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

6 November
27 November
18 December
22 January
19 February
11 March

Option One	Macaroni Cheese	BBQ Chicken with Rice 	Roast Chicken with Roast Potatoes & Gravy	Spaghetti Bolognaise with Homemade Garlic Bread	Fish Fingers with Chips & Tomato Ketchup
Option Two	Vegetable Curry with Rice  	Tomato Arrabiata Pasta 	Vegetable Sausages with Roast Potatoes & Gravy	Shepherdess Pie 	Cheese Quiche with Chips & Tomato Ketchup 
Option Three	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket Potato with Cheese or Tuna Mayonnaise
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Green Beans & Baked Beans
Dessert	Cinnamon Swirl	Orange Drizzle Cake with Custard	Strawberry Jelly with Mandarins 	Apple Crumble with Custard 	Chocolate Shortbread 

WEEK TWO

13 November
4 December
8 January
29 January
26 February
18 March

Option One	Vegan Spaghetti Bolognaise 	Beef & Onion Pie	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Greek Chicken Pitta with Cucumber Dip & Potato Wedges	Fish Fingers with Chips & Tomato Ketchup
Option Two	Spinach & Cheese Whirl with Cucumber Dip & Potato Wedges	Spanish Omelette with Rice 	Sweet Potato & Spinach Flan with Roast Potatoes & Gravy	Vegetable Fajitas with Rice  	Cheese & Tomato Pizza with Chips 
Option Three	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket Potato with Baked Beans, Cheese or Salmon Mayonnaise	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket Potato with Cheese or Tuna Mayonnaise
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Greek Salad	Green Beans & Baked Beans
Dessert	Lemon & Berry Cake	Eves Pudding with Chocolate Sauce	Chocolate Orange Cookie 	Plum & Vanilla Crumble with Custard 	Cinnamon Cookie 

WEEK THREE

20 November
11 December
15 January
5 February
4 March

Option One	Cheesy Bean Pasty with Rice 	Chicken & Broccoli Pasta	Roast Gammon with Roast Potatoes & Gravy	Peri Peri Chicken with Rice 	Fish Fingers with Chips & Tomato Ketchup
Option Two	Tomato Arrabiata Pasta 	Cheese & Tomato Pizza with New Potatoes 	Vegetable Loaf with Roast Potatoes & Gravy 	Quorn Burger with Potato Wedges	Cheese & Red Pepper Frittata with Chips & Tomato Ketchup
Option Three	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket Potato with Cheese or Tuna Mayonnaise
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Green Beans & Baked Beans
Dessert	Vanilla Shortbread 	Pear & Chocolate Upside Down Cake with Custard	Strawberry Jelly 	Peach Crumble with Custard 	Fruity Shortbread 

MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Available Daily:
Fresh Bread – Salad Selection – Fresh Fruit and Yoghurt

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6 November
27 November
18 December
22 January
19 February
11 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	V11 Macaroni Cheese	C89 BBQ Chicken with SD84 Rice	C4 Roast Chicken with SD7 SD82 Roast Potatoes & SD118 Gravy	SD8 Spaghetti B2 Bolognaise with Homemade SD50 Garlic Bread	F6 Fish Fingers with SD5 Chips & SD14 Tomato Ketchup
Option Two	V199 Vegetable Curry with SD84 Rice	V188 Tomato Arrabiata with SD11 Pasta	V125 Vegetable Sausage with SD7 SD82 Roast Potatoes & SD118 Gravy	V245 Shepherdess Pie – Pea Free	V189 Cheese Quiche with SD5 Chips & SD14 Tomato Ketchup
Option Three	SD55 Jacket Potato with SD22 Baked Beans or V85 Cheese	SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise	SD55 Jacket Potato with SD22 Baked Beans or V85 Cheese	SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise	SD55 Jacket Potato with V85 Cheese or F11 Tuna Mayonnaise
Vegetables	SD28 Carrots SD24 Green Beans	SD28 Carrots SD20 Broccoli	SD24 Green Beans SD23 Cabbage	SD20 Broccoli SD28 Carrots	SD24 Green Beans SD22 Baked Beans
Dessert	D244 Cinnamon Swirl	D182 Orange Drizzle Cake with D2 Custard	D235 Strawberry Jelly with Mandarins	D242 Apple Crumble with D2 Custard	D80 Chocolate Shortbread

WEEK TWO

13 November
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18 March

Option One	V233 Vegan Bolognaise with SD8 Spaghetti	B54 Beef & Onion Pie – Pea Free	C4 Roast Chicken with SD40 Stuffing, SD7 SD82 Roast Potatoes & SD118 Gravy	GR1 Greek Chicken Pitta with GR3 Cucumber Dip & SD6 Wedges	F6 Fish Fingers with SD5 Chips & SD14 Tomato Ketchup
Option Two	GR2 Spinach & Cheese Whirl with GR3 Cucumber Dip & SD6 Wedges	V218 Spanish Omelette with SD84 Rice	V213 Sweet Potato & Spinach Flan with SD7 SD82 Roast Potatoes & SD118 Gravy	V63 Vegetable Fajitas with SD84 Rice	V231 Cheese & Tomato Pizza with SD5 Chips
Option Three	SD55 Jacket Potato with SD22 Baked Beans or V85 Cheese	SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise	SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F32 Salmon Mayonnaise	SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise	SD55 Jacket Potato with V85 Cheese or F11 Tuna Mayonnaise
Vegetables	SD20 Broccoli SD28 Carrots	SD24 Green Beans SD28 Carrots	SD28 Carrots SD23 Cabbage	GR4 Greek Salad SD20 Broccoli	SD24 Green Beans SD22 Baked Beans
Dessert	D183 Lemon & Berry Cake	D189 Eves Pudding with D3 Chocolate Sauce	D230 Chocolate Orange Cookie	D240 Plum & Vanilla Crumble with D2 Custard	D195 Cinnamon Cookie

WEEK THREE

20 November
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Option One	V191 Cheesy Bean Pasty with SD84 Rice	C88 Chicken & Broccoli Pasta	P5 Roast Gammon with SD7 SD82 Roast Potatoes & SD118 Gravy	C77 Peri Peri Chicken with SD84 Rice	F6 Fish Fingers with SD5 Chips & SD14 Tomato Ketchup
Option Two	V188 Tomato Arrabiata with SD11 Pasta	V231 Cheese & Tomato Pizza with SD2 New Potatoes	TD56 Vegetable Loaf with SD7 SD82 Roast Potatoes & SD118 Gravy	V47 Quorn Burger with SD6 Potato Wedges	V24 Cheese & Red Pepper Frittata with SD5 Chips & SD14 Tomato Ketchup
Option Three	SD55 Jacket Potato with SD22 Baked Beans or V85 Cheese	SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise	SD55 Jacket Potato with SD22 Baked Beans or V85 Cheese	SD55 Jacket Potato with SD22 Baked Beans, V85 Cheese or F11 Tuna Mayonnaise	SD55 Jacket Potato with V85 Cheese or F11 Tuna Mayonnaise
Vegetables	SD28 Carrots SD20 Broccoli	SD24 Green Beans SD28 Carrots	SD20 Broccoli SD23 Cabbage	SD28 Carrots SD24 Green Beans	SD24 Green Beans SD22 Baked Beans
Dessert	D57 Vanilla Shortbread	D207 Pear and Chocolate Upside Down Cake with D2 Custard	D245 Strawberry Jelly	D238 Peach Crumble with D2 Custard	D96 Fruity Shortbread

MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

Available Daily:

Fresh Bread – Salad Selection – Fresh Fruit and Yoghurt

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