



WEEK 1

Week commencing: 8th Jan/ 28TH Jan/ 25th Feb/ 18th Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	<u>PASTA</u> Pasta in a freshly made tomato and basil sauce topped with cheddar cheese	<u>JACKETS</u> Jacket potato with cheddar cheese and baked beans	<u>PIZZA</u> Cheese and Tomato Pizza topped with diced peppers and corn on the cob	<u>SOUP</u> Minestrone soup , with tomatoes, spinach, carrots, potato, pasta and cannellini beans with wholemeal bread rolls	<u>PUFF PASTRY</u> Cheese and Onion puff pastry with side of garden peas
Allergens	Contains: milk, wheat	Contains: milk, wheat	Contains: milk, wheat	Contains: milk, wheat	Contains: wheat
Alternatives available on request (please email)	<u>PIZZA</u> Cheese and tomato pizza with corn on the cob	<u>PASTA</u> Penne pasta in cheese sauce	<u>BURGERS</u> Fish Burgers in bap with sweetcorn	<u>QUORN SAUSAGES</u> Linda McCartney Sausage and potato mash with gravy	<u>PASTA</u> Penne pasta in tomato and garlic sauce
Allergens	Contains: milk, wheat	Contains: milk, wheat, egg	Contains: Fish, milk & wheat	Contains: milk, wheat, soya	Contains: wheat, milk
Fruit	Apples, Clementines, Plums, Pears or Bananas				
Additional Side	Fromage Frais Various Flavours	Lemon sponge with custard	Fromage Frais Various Flavours	Fromage Frais Various Flavours	Fromage Frais Various Flavours



WEEK 2

Week commencing: 14th Jan / 4th Feb / 4th Mar / 25th Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	<p><u>QUORN BOLOGNESE</u> Linda McCartney veg mince bolognese with spaghetti</p>	<p><u>SOUP</u> Freshly made Leek and potato soup with mini wholemeal bread rolls</p>	<p><u>BURGERS</u> Crispy southern fried Quorn burgers in a wholemeal bap with potato wedges</p>	<p><u>PASTA</u> Pasta in a freshly made tomato and roasted garlic sauce topped with cheddar cheese</p>	<p><u>PANINI</u> Non Veg: Tuna and Mayo with nut free basil pesto and mozzarella (Vegetarian alternative available)</p>

Allergens	Contains: Soya, wheat, gluten, sulphite >10ppm	Contains: milk, wheat	Contain:, soya, milk, wheat & gluten	Contains: egg, milk, gluten & wheat	Contains: fish, wheat
------------------	------------------------------------------------	-----------------------	--------------------------------------	-------------------------------------	-----------------------

Alternatives available on request	<p><u>PASTA</u> Penne pasta with tomato and garlic sauce</p>	<p><u>JACKET</u> Jacket potato with cheddar cheese and beans</p>	<p><u>PIZZA</u> Cheese and tomato pizza with green and red peppers and a side of potato wedges</p>	<p><u>JACKET</u> Jacket potato with sweetcorn and cheddar cheese</p>	<p><u>BURGER</u> Crispy vegetable burgers in a wholemeal bap with corn on the cob</p>
------------------------------------------	-------------------------------------------------------------------------	-----------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------

Allergens	Contains: wheat	Contains: milk, wheat	Contain: milk, wheat	Contains: egg, milk & wheat	Contains: fish, wheat, milk
------------------	-----------------	-----------------------	----------------------	-----------------------------	-----------------------------

Fruit	Apples, Clementines, Plums, Pears or Bananas				
--------------	----------------------------------------------	--	--	--	--

Additional Side	Fromage Frais Various Flavours	Fromage Frais Various Flavours	Cadbury's Animal Biscuits	Fromage Frais Various Flavours	Fromage Frais Various Flavours
------------------------	-----------------------------------	-----------------------------------	------------------------------	-----------------------------------	-----------------------------------



WEEK 3

Week commencing: 21st Jan / 11th Feb / 11th Mar / 1st Apr

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	<u>SOUP</u> Freshly made Butternut squash soup mini wholemeal bread rolls	<u>NOODLES</u> Stir fried egg noodles with red and green peppers, sweetcorn, garnished with spring onions	<u>FISH BURGERS</u> Crispy fish burgers in a wholemeal bap with corn on the cob	<u>PASTA</u> Pasta in a rich, freshly made tomato and garlic sauce topped with cheddar cheese	<u>SAUSAGE & MASH</u> Linda McCartney vegetarian sausages with mashed potato and gravy

Allergens	Contains: wheat	Contains milk, wheat	Contains Fish, milk, wheat	Contains wheat, milk	Contains: soya, milk, wheat & gluten
------------------	-----------------	----------------------	----------------------------	----------------------	--------------------------------------

Alternatives available on request (please email)	<u>PASTA</u> Penne pasta in tomato and garlic sauce	<u>JACKETS</u> Jacket Potatoes with cheese and beans	<u>BURGERS</u> Southern fried quorn burgers in a wholemeal bap with corn on the cob	<u>JACKETS</u> Jacket Potatoes with cheese and beans	<u>PIZZA</u> Pizza with diced mixed peppers and potato wedges
---------------------------------------------------------	---------------------------------------------------------------	----------------------------------------------------------------	-----------------------------------------------------------------------------------------------	----------------------------------------------------------------	-------------------------------------------------------------------------

Allergens	Contains: wheat	Contains: milk, wheat	Contains: soya, milk, wheat	Contains: wheat, milk	Contains: soya, milk, wheat & gluten
------------------	-----------------	-----------------------	-----------------------------	-----------------------	--------------------------------------

Fruit	Apples, Clementines, Plums, Pears or Bananas				
--------------	----------------------------------------------	--	--	--	--

Additional Side	Fromage Frais Various Flavours	Fromage Frais Various Flavours	Chocolate Brownies	Fromage Frais Various Flavours	Fromage Frais Various Flavours
------------------------	-----------------------------------	-----------------------------------	--------------------	-----------------------------------	-----------------------------------