

Allergy Key:

vg - Vegan
v - Vegetarian
h - Homemade
D - Dairy

G - Gluten/Wheat
C - Celery
S - Sesame
E - Egg

F - Fish
M - Mustard
SU - Sulphates
SB - Soya

Week One

Monday

Choose a main meal...

Melting Pork Meatball Bake with Cheese served with Crusty Bread (G.D)

(v,h) Vegetable Enchilada (wrap filled with vegetables & cheese) Served with Herby Diced Potatoes (G.D)

Jacket Potato - (v) Cheese (D), Tuna (F E) or (v) Baked Beans

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v)(h) School Favourite Sprinkles Sponge Cake (G.E)
(v) Yoghurt (D.SB) Fresh Fruit

Tuesday

Choose a main meal...

(h) Chicken Curry (mildly spiced) served with Rice (D)

(v) Cheese and Tomato Pizza Wedge with potato Wedges (G D)

Jacket Potato - (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(vg)(h) Chocolate Cracknel (G)
(v) Yoghurt (D) or Fresh Fruit

Wednesday

Choose a main meal... WEDNESDAY ROAST

British Roast Beef with Traditional Yorkshire Pudding and Gravy (D E G)

(vg) Quorn Roast in Gravy with (v) Yorkshire Pudding (D E G)

Crispy Roast Potatoes

Jacket Potato - (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v)(h) Raspberry & Apple Sponge with Custard (D G E)
(v) Yoghurt (D,SB) Fresh Fruit

Thursday

Choose a main meal...

(vg) Crispy Quorn Dippers in a Wrap with Tomato Salsa with Diced Potatoes (G)

(h)(v) Cheese and Potato Pasty served with Crispy Diced Potatoes (E D G)

Jacket Potato - (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(vg) Melting Moment Biscuit (G SU)
(v) Yoghurt (D.SB) or Fresh Fruit

Friday

Choose a main meal... FISHY FRIDAY

(msc) Battered Fish Fillet (G F) with Chipped Potatoes

(vg) Texan Sausage & Bean Bake (with Baked Beans) served with Garlic Bread Roll (G.D)

Jacket Potato - (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(vg) Jelly with Fruit
(v) Yoghurt (D.SB) or Fresh Fruit