

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Selection of cereals, Toast with spreads, Yoghurts and Fruit					
Morning snack: Fresh Fruit, Vegetable sticks, Bakes and Biscuits					
Lunch Main	Creamy Tomato & Herb Pasta Bake, Peas & Sweetcorn DA G	Sausage & Vegetable Casserole & Mash DA G SU	Sweet & Sour Chicken, Noodles & Prawn Crackers G E C	Roast Gammon, Roast Potatoes, Yorkshire Pudding, Carrots, Sweetcorn & Gravy DA G E SY	Beef Meatballs, Tomato Spaghetti Pasta & Peas G SU
Vegetarian Main	Creamy Tomato & Herb Pasta Bake, Peas & Sweetcorn DA G	Linda McCartney Sausage & Vegetable Casserole & Mash DA G SY SU	Sweet & Sour Quorn Pieces & Noodles G E	Quorn Pieces, Roast Potatoes, Yorkshire Pudding, Carrots, Sweetcorn & Gravy DA G E SY	Quorn Meatballs, Tomato Spaghetti Pasta & Peas G E
Dessert	Lemmon Drizzle DA G E	Brownie Bites & Ice Cream DA G E SY	Strawberry Angel Delight DA	Victoria Sandwich DA G E	Orange, Strawberry & Blackcurrant Jelly
Afternoon Tea	Cream Crackers, Cream Cheese, Chicken & Ham, Fruit Selection & Veggie Sticks DA G	English Toasted Muffins, Fruit Selection & Veggie Sticks G SY	Selection of Sandwiches, Fruit Selection & Veggie Sticks DA G SY	Margherita Pizza Slices, Fruit Selection & Veggie Sticks DA G	Mini Pancakes, Fruit Selection & Veggie Sticks DA G E

Allergens Code
DA –Dairy G –Gluten E –Egg SY –Soya F –Fish N –Nuts C –Crustacean M –Molluscs PN –Peanuts CE –Celery MU –Mustard SE –Sesame SU – Sulphates LU –Lupin SF –Shellfish





Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Selection of cereals, Toast with spreads, Yoghurts and Fruit (See Individual Packaging For Allergens)					
Morning snack: Fresh Fruit, Vegetable sticks, Bakes and Biscuits (See Individual Packaging For Allergens)					
Lunch Main	Chicken Korma, Rice & Naan DA G	Spaghetti Carbonara & Peas DA G MU	Cottage Pie, Carrots & Green Beans DA G	Sausage, Jacket Potato, Beans & Cheese DA G SU	Fish Fingers, Chips & Peas G F
Vegetarian Main	Quorn Pieces Chicken Korma, Rice & Naan DA G E	Spaghetti Carbonara & Peas DA G MU	Quorn Mince Cottage Pie, Carrots & Green Beans DA G E	Linda McCartney Sausage, Jacket Potato, Beans & Cheese DA G SY SU	Vegetable Fingers, Chips & Peas G
Dessert	Fruit Cocktail	Angel Layer Cake G E	Vanilla Cheese Cake DA G E	Banana & Custard DA	Choc Ice DA
Afternoon Tea	Baked Beans on Toast, Fruit Selection & Veggie Sticks G SY	Bagels, Fruit Selection & Veggie Sticks G	Quiche Lorraine, Fruit Selection & Veggie Sticks DA G E	Tomato Soup & Bread Rolls, Fruit Selection & Veggie Sticks DA G SY	Jam & Butter Croissants, Fruit Selection & Veggie Sticks DA G



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Menu 3
13/11 11/12 15/01 12/02
11/03

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Selection of cereals, Toast with spreads, Yoghurts and Fruit (See Individual Packaging For Allergens)					
Morning snack: Fresh Fruit, Vegetable sticks, Bakes and Biscuits (See Individual Packaging For Allergens)					
Lunch Main	Beef Spaghetti Bolognese & Peas G	Roast Chicken, Roast Potatoes, Yorkshire Pudding, Carrot, Green Beans & Gravy DA G E SY	Creamy Tuna Pasta Bake, Broccoli & Cauliflower DA G E F CE	Pepperoni Pizza, Potato Wedges & Spaghetti Hoops DA G	Toad In The Hole, Boiled Potatoes, Carrots & Gravy DA G E SU
Vegetarian Main	Quorn Mince Spaghetti Bolognese & Peas G E	Quorn Pieces, Roast Potatoes, Yorkshire Pudding, Carrot, Green Beans & Gravy DA G E SY	Creamy Pasta Bake, Broccoli & Cauliflower DA G E CE	Margherita Pizza, Potato Wedges & Spaghetti Hoops DA G	Linda McCartney Toad In The Hole, Boiled Potatoes, Carrots & Gravy DA G E SY SU
Dessert	Fromage Frais DA	Banana Bread G E	Swiss Roll & Custard DA G E	Chocolate Chip Cookies DA G E SY	Strawberry or Lemmon Mouse DA
Afternoon Tea	Toasted Crumpets, Fruit Selection & Veggie Sticks G	Wholemeal Pitta Bread, Assorted Dips, Fruit Selection & Veggie Sticks DA G E	Frankfurter Hot Dogs, Fruit Selection & Veggie Sticks DA G SY	Ham, Chicken & Cheese Tortilla Wraps, Fruit Selection & Veggie Sticks G DA	Sausage Rolls, chicken Bites & Cocktail Sausages, Fruit Selection & Veggie Sticks DA G

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 Sulphates **LU**–Lupin **SF**–Shellfish



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Selection of cereals, Toast with spreads, Yoghurts and Fruit (See Individual Packaging For Allergens)					
Morning snack: Fresh Fruit, Vegetable sticks, Bakes and Biscuits (See Individual Packaging For Allergens)					
Lunch Main	Sausage, Mash & Beans DA G SU	Fish Cake, New potatoes & Spaghetti Hoops G F	Lasagne, Peas & Garlic Bread DA G E SY	Chicken & Leek Pie, Boiled Potatoes & Green Beans G SY	Macaroni Cheese, Broccoli & Cauliflower DA G E
Vegetarian Main	Linda McCartney Sausage, Mash & Beans DA G SY SU	Vegetable Burger, New potatoes & Spaghetti Hoops G	Quorn Mince Lasagne, Peas & Garlic Bread DA G E	Quorn Pieces & Leek Pie, Boiled Potatoes & Green Beans G E SY	Macaroni Cheese, Broccoli & Cauliflower DA G E
Dessert	Mini Muffin DA G E SY	Rice Pudding DA	Peach Slices in Syrup	Rocket Lolly	Flapjack Bites DA G
Afternoon Tea	Cracker Bread, Ham, Chicken, Cheese, Fruit Selection & Veggie Sticks DA G	Chicken Soup & Bread Rolls, Fruit Selection & Veggie Sticks DA G SY	Selection of Sandwiches, Fruit Selection & Veggie Sticks DA G SY	Spaghetti Hoops on Toast, Fruit Selection & Veggie Sticks G SY	Rice Cakes, Ham, Chicken, Ham, Fruit Selection & Veggie Sticks



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