



WEEK 1 | MENU



MON

TUES

WED

THU

FRI

Meat free day

MAIN MEAL

Pasta with tomato and basil sauce serve with mixed leaves and garlic bread
(G,Mk)

Cajun chicken in a peri peri sauce served with crispy potato wedges
(Mu,G)

Beef lasagne serve with garlic bread
(Mk,G,So)

Jerk chicken served with stir fry vegetable rice
(G ,So)

Pepperoni pizza with chips and salad
(G,Mk, So)

VEGETARIAN

Ratatouille and penne bake
(G, Mk)

Vegetarian sausages with crispy potato wedges
(So, G)

Vegetable lasagne serve with garlic bread
(MK,G,So)

Vegetable chilli served with stir fry vegetable rice
(Ce, E, Mu)

Margherita pizza with chips and salad
(G,Mk)

VEGGIES

Garlic Bread
(G, Mk)

Crispy potato wedge
...

Garlic Bread
(G, Mk)

Mixed Vegetable

Baked oven chips
...

Mixed salad

Roast carrot

...
Sweetcorn

Rice

Mixed salad

PUDDING

Fresh fruit
(none)

Blueberry Muffin
(G,Mk,E)

Shortbread
(Mk, G)

Oaty boost bar
(G,MK,Su)

Fresh fruit
(none)



ITALIAN DAY
24TH SEPTEMBER



INDIAN DAY
15TH OCTOBER



BONFIRE NIGHT
5TH NOVEMBER



NATIONAL COOKIE DAY
3RD DECEMBER

Week 1 commencing:
14th Sept, 28th Sept, 12th Oct, 2nd Nov, 16th No, 30th Nov
14th Dec

★ ALLERGENS ★

Ce = Celery F = Fish L = Lupin Mt = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide



WEEK 2 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Turkey Enchiladas in a rich tomato sauce
(Mk,G)

Beef Burger in Bun
(Ce, G,E, Mk, Mu, Su)

Seasoned roast chicken with gravy
(Ce)

Pasta bolognaise with garlic bread
(G,MK,So)

Battered cod served with lemon
(Mu,Mk,F,E,G)

VEGETARIAN

Spinach, sweet potato and lentil Dhal
(G, Mk)

Cheese & onion quiche
(G, E, Mk)

Vegetarian Wellington with gravy
(Mk,E,G,Ce)

Mac 'n' Cheese with crunchy topping
Served with garlic bread
(G,MK, So)

Roast Vegetable tart
(Mk,G,E)

VEGGIES

Garlic naan bread
(G, Mk)

Dice carrot

Potato wedges
...
Mixed salad

Roast potatoes
...
Steamed Broccoli

Pasta
(G)
Mixed salad

Baked oven chips
...
Garden peas

PUDDING

Flapjack
(G,Mk)

Chocolate brownie
(Mk,E,G)

Ginger cake
(G, Mk, E)

Vanilla Victoria cake
(Mk,E,G)

Fresh fruit
(none)



ITALIAN DAY
24TH SEPTEMBER



INDIAN DAY
15TH OCTOBER



BONFIRE NIGHT
5TH NOVEMBER



NATIONAL COOKIE DAY
3RD DECEMBER

Week 2 commencing:
7TH Sept, 21ST Sept, 5TH Oct, 19TH Oct, 9TH Nov,
23RD Nov, 7TH Dec,

★ ALLERGENS ★

Ce = Celery F = Fish L = Lupin Mt = Mustard Se = Sesame Seeds
Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
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