



# 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)**

Margherita pizza with chips and salad  
**(G,Mk)**

## VEGETARIAN

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

Cajun roast vegetable in a peri peri sauce serve with crispy potato wedges  
**(So,Mk,E,G)**

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

Mild Caribbean vegetable curry served with stir fry vegetable rice  
**(G)**

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 platter  
**(none)**

Blueberry Muffin  
**(G,Mk,E)**

Fruit jelly  
**(none)**

Oaty boost bar  
**(G,MK,Su)**

Fresh fruit platter  
**(none)**



ITALIAN DAY  
24TH SEPTEMBER



INDIAN DAY  
15TH OCTOBER



RONFIRE NIGHT  
5TH NOVEMBER



NATIONAL COOKIE DAY  
3RD DECEMBER

Week 1 commencing:  
7<sup>th</sup> Sept, 21<sup>st</sup> Sept, 5<sup>th</sup> Oct, 19<sup>th</sup> Oct, 9<sup>th</sup> Nov, 23<sup>rd</sup> Nov,  
7<sup>th</sup> 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)

Chicken curry with savoury rice  
(None)

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

Roast Vegetable and Halloumi Cheese Enchiladas  
(G, Mk)

Lentils and Vegetable Curry with savoury rice  
(None)

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

Vegetable Pasta bolognaise with garlic bread  
(G,MK)

Roast Vegetable tart  
(Mk,G,E)

## VEGGIES

Potato wedges  
Dice carrot

Savoury Rice  
...  
Steamed Sweetcorn

Roast potatoes  
...  
Steamed Broccoli

Pasta  
(G)  
Mixed salad

Baked oven chips  
...  
Garden peas

## PUDDING

Flapjack  
(G,Mk)

Chocolate brownie  
(Mk,E,G)

Fruit Jelly  
(none)

Vanilla Victoria cake  
(Mk,E,G)

Fresh fruit platter  
(none)



ITALIAN DAY  
24TH SEPTEMBER



INDIAN DAY  
15TH OCTOBER



BONFIRE NIGHT  
5TH NOVEMBER



NATIONAL COOKIE DAY  
3RD DECEMBER

Week 2 commencing:  
14<sup>th</sup> Sept, 28<sup>th</sup> Sept, 12<sup>th</sup> Oct, 2<sup>nd</sup> Nov, 16<sup>th</sup> No, 30<sup>th</sup> Nov  
14<sup>th</sup> Dec

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