



WEEK 1 | MENU



MON

TUES

WED

THU

FRI

MAIN MEAL

Mild Jamaican Jerk Spiced Chicken with rice and peas

Beef bolognese with penne pasta (G,Mk)

Chicken sausage (G)

Roast vegetable and chicken pizza (G,E,MK)

Breaded Cod Fish Fingers Chunky Tartare sauce Ketchup and lemon wedges (G,Su,Mu,F,E)

VEGETARIAN

Vegetarian Chilli (Mu,MK,E,Ce)

Spinach, cheddar quiche (Mk,E,G)

Ratatouille Vegetable and Penne Pasta Bake with basil (G,Mk)

Classic margarita pizza (Mk,G,E)

Macaroni Cheese Bake (G,So,Se,Mk)

CARBS

Rice and Peas

Garlic bread (Mk,G,So)

Creamy mash potato (Mk)

Potato wedges

Oven baked Chips

VEGGIES

Broccoli

Green beans

Carrots

Sweetcorn

Garden Peas

Sweetcorn

Chefs salad

Roast swede

Courgettes

Baked Beans

PUDDING

Flapjacks (G,Mk)

Banana Bread (G,Mk,E)

Short bread (G,Mk)

Vanilla sponge (G,Mk,E)

Chocolate brownie (G,Mk,E)



ITALIAN DAY 24TH SEPTEMBER



INDIAN DAY 15TH OCTOBER



BONFIRE NIGHT 5TH NOVEMBER



NATIONAL COOKIE DAY 3RD DECEMBER

★ ALLERGENS ★

Ce = Celery F = Fish L = Lupin Mu = 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

Chicken sausage classic gravy (G,Su)

Mild Chilli con Carne with sour cream (Mk)

Roast chicken with sage and onion stuffing and gravy (G)

Classic beef lasagne (E,Mk,G)

Breaded cod fish fingers, chunky tartare sauce ketchup and lemon wedges (G,Su,Mu,F,E)

VEGETARIAN

Vegetarian sausages, veggie gravy (Su,G)

Feta and Spinach Filo Pie and chunky tomato sauce (Mk,E,G)

Vegetable stir fry with noodles (So,Mk,G,Ce)

Cheese and onion patties (G,Mk,)

Egg and cheddar frittata with roast pepper (Mk,E)

CARBS

Creamy mash (Mk)

Rice (G,Ce)

Roast potatoes

Garlic bread (G,su)

Oven baked Chips

VEGGIES

Garden peas

Steamed Broccoli

Roasted carrots

Sweetcorn

Garden peas

Baked Beans

Sweetcorn

Steamed cabbage

Broccoli

Baked beans

PUDDING

Chocolate sponge (Mk,E,G)

Banana cake (Mk,E,G)

Ginger cake (G,Mk,E)

Banana cake (Mk,E,G)

Chocolate rice Krispie (G,Mk,)



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24TH SEPTEMBER



INDIAN DAY
15TH OCTOBER



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