

Menu Week 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>				
Sweet and sour chicken with peas and brown rice	Beef and butternut squash stew with cabbage and boiled potatoes	Tuna pasta bake with broccoli	Vegetable and lentil lasagne with peas and garlic bread	Pork and apple casserole with parsnip and potato mash and sliced greens
Soya, Wheat, Celery (in tomato ketchup), May contain nuts (in tomato ketchup)	Gluten. Celery (in stock)	Gluten. Milk. Fish	Milk, gluten, celery, egg (in lasagne sheets)	Gluten. Celery (in stock). Milk
<b>VEGETARIAN</b>				
Sweet and sour quorn with peas and brown rice	Lentil and butternut squash stew with cabbage and boiled potatoes	Pasta bake (quorn) with broccoli	Vegetable and lentil lasagne with peas and garlic bread	Quorn and apple casserole with parsnip and potato mash and sliced greens
Soya, Wheat, Celery (in tomato ketchup), May contain nuts (in tomato ketchup)	Gluten. Celery (in stock)	Gluten. Milk. Soya	Milk, gluten, celery, egg (in lasagne sheets)	Soya. Gluten and celery (in stock)
<b>DESSERT</b>				
Fresh fruit available every day				
Apple crumble and custard	Berry cheesecake	Rice pudding	Peaches and cream	Bananas and custard
Gluten. Milk	Gluten. Milk	Milk	Milk	Milk
<b>TEA</b>				
Wraps (children to prepare) Grated cheese, salmon, ham, tomato and cucumber slices	Beans on toast	Vegetable soup with a wholemeal roll	Jacket potato with tuna and sweetcorn	Sandwiches (egg mayonnaise, cheese and cucumber, chicken) with tomatoes, cucumber and celery sticks
Gluten. Milk. Fish	Gluten. Milk	Gluten. Milk. Celery	Fish	Gluten, egg, milk, celery
<b>VEGETARIAN</b>				
Wraps (children to prepare) Grated cheese, Quorn (ham) tomato and cucumber slices	Beans on toast	Vegetable soup with a wholemeal roll	Jacket potato with cottage cheese and sweetcorn	Sandwiches (egg mayonnaise, cheese and cucumber) with tomatoes, cucumber and celery sticks
Gluten. Milk. Fish	Gluten. Milk	Gluten. Milk. Celery	Milk	Gluten, egg, milk, celery
<b>DESSERT</b>				
Fresh fruit available every day				
Lemon cake	Yogurt and honey	Coconut cake	Fruit and Fromage frais	Fruit salad
Egg. Milk. Gluten	Milk	Sulphites	Milk	

Menu Week 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>				
Spaghetti bolognaise (beef) with grated cheese	Mackerel fish pie with green beans and broccoli	Tomato and mozzarella pizza with sweetcorn and potato salad	Vegetable and chickpea curry with brown rice and naan bread	Roast chicken with roast potatoes, Brussel sprouts, carrots and gravy
Gluten. Milk. Celery	Fish. Milk. Gluten	Gluten. Milk	Mustard (in curry powder), gluten and celery (in stock), milk	Celery, gluten and soya (in gravy)
<b>VEGETARIAN</b>				
Spaghetti Bolognaise (quorn) with grated cheese	Quorn and vegetable pie with green beans and broccoli	Tomato and mozzarella pizza with sweetcorn and potato salad	Vegetable and chickpea curry with brown rice and naan bread	Roast quorn fillet with roast potatoes, Brussel sprouts, carrots and gravy
Gluten. Milk. Celery	Soya. Milk. Gluten	Gluten. Milk	Mustard (in curry powder), gluten and celery (in stock), milk	Celery, gluten and soya (in gravy)
<b>DESSERT</b>				
Fresh fruit available every day				
Eve's pudding with custard	Poached pears and cream	Rice pudding	Apple and blackberry crumble with custard	Fruit flan with cream
Gluten. Milk. Egg	Milk	Milk	Gluten. Milk	Milk
<b>TEA</b>				
Quiche with potato salad	Sandwiches. Grated cheese, chicken, ham, mixed salad vegetables	Butternut squash soup with bread and butter	Chicken fajitas (children to prepare) Chicken breast, onions, peppers, salsa and sour cream	Pasta salad
Milk. Gluten. Egg. Mustard	Gluten. Milk	Gluten and celery (in stock)	Milk. Gluten. Shop bought guacamole contains milk	Gluten. Milk. Egg
<b>VEGETARIAN</b>				
Quiche with potato salad	Sandwiches. Grated cheese, chicken, ham, mixed salad vegetables	Butternut squash soup with bread and butter	Fajitas (children to prepare) Quorn fillets, onions, peppers, salsa and sour cream	Pasta salad
Milk. Gluten. Egg. Mustard	Gluten. Milk. Soya	Gluten. Celery (in stock).	Milk. Gluten. Shop bought guacamole contains milk	Gluten. Milk. Egg
<b>DESSERT</b>				
Fresh fruit available every day				
Fromage frais and fresh fruit	Chocolate cake	Yogurt and honey	Fruit salad	Banana bread
Milk	Gluten. Milk. Egg	Milk		Milk. Gluten. Egg

Menu Week 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>				
Fish pie with green beans and broccoli	Lasagne (beef) with peas and garlic bread	Roast pork with roast potatoes, cabbage, carrots and gravy	Marinated chicken with roasted vegetables and brown rice	Vegetable pizza with potato wedges and beans
Milk. Fish	Milk, gluten, celery, egg (in lasagne sheets)	Celery, gluten and soya (in gravy)	Soya. Gluten	Gluten. Milk
<b>VEGETARIAN</b>				
Vegetable and butterbean pie with green beans and broccoli	Lasagne (quorn) with peas and garlic bread	Quorn fillet with boiled potatoes, cabbage, carrots and gravy	Marinated quorn with roasted vegetables and brown rice	Vegetable pizza with potato wedges and beans
Dairy. Fish	Soya. Dairy, gluten, celery, egg (in lasagne sheets)	Celery, gluten and soya (in gravy)	Soya. Wheat	Gluten. Dairy
<b>DESSERT</b>				
Fresh fruit available every day				
Rhubarb crumble and cream	Bananas and custard	Fruit flan with cream	Warm fruit salad with vanilla sauce	Chocolate sponge cake with chocolate sauce
Milk	Milk	Gluten. Egg. Milk. Soya.	Milk	Gluten. Milk. Egg
<b>TEA</b>				
Sandwiches (egg, ham and cream cheese) with vegetable sticks	Jacket potato with beans	Frittata with sweetcorn salsa	Leek and potato soup with bread and butter	Wraps (children to prepare), chicken, ham, houmous and mixed salad vegetables
Gluten. Egg. Milk		Egg. Milk	Celery. Gluten. Milk	Gluten. Sesame
<b>VEGETARIAN</b>				
Sandwiches (egg, quorn style ham and cream cheese) with vegetable sticks	Jacket potato with beans	Frittata with sweetcorn salsa	Leek and potato soup with bread and butter	Wraps (children to prepare), cheese, quorn, houmous and mixed salad vegetables
Gluten. Egg. Milk		Egg. Milk	Celery. Gluten	Gluten. Sesame. Egg. Milk
<b>DESSERT</b>				
Fresh fruit available every day				
Fruit and Greek yogurt	Marble cake	Yogurt and honey	Fruit flapjack	Fromage frais and fruit
Milk	Milk. Gluten. Egg	Milk	Milk. Gluten	Milk

Menu Week 4				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>				
Chilli con carne (beef) with brown rice	Macaroni cheese with peas and sweetcorn	Chicken and vegetable hot pot with carrot and swede mash	Sausage casserole with mashed potato and green beans	Caribbean spiced fish with rice and peas
Gluten, celery, milk (in stock).	Milk. Gluten. Mustard	Gluten, celery, milk (in stock). Mustard. Egg.	Gluten. Celery. Milk	Fish. Sulphites (in desicated coconut) . Gluten, celery and milk (in stock)
<b>VEGETARIAN</b>				
Chilli con carne (quorn) with brown rice	Macaroni cheese with peas and sweetcorn	Quorn and vegetable hot pot with carrot and swede mash	Sausage (quorn) casserole with mashed potato and green beans	Caribbean spiced tofu with rice and peas
Gluten, celery, milk (in stock). Soya	Milk. Gluten. Mustard	Gluten, celery, milk (in stock). Mustard. Egg. Soya	Gluten. Celery. Milk. Soya	Fish. Sulphites (in desicated coconut) . Gluten, celery and milk (in stock). Soya
<b>DESSERT</b>				
Fresh fruit available every day				
Pineapple upside down cake and cream	Stewed apple and custard	Yogurt with berry compote	Fruit flan with cream	Apple crumble with custard
Milk. Gluten. Egg	Milk	Milk	Gluten. Egg. Milk. Soya.	Gluten. Dairy
<b>TEA</b>				
Beans on toast	Tomato and lentil soup with a wholemeal roll	Baked potato with cheese and coleslaw	Tuna and cheese topped muffins	Sandwiches (egg mayonnaise, ham, cream cheese) with cucumber and tomato
Gluten	Gluten. Celery. Milk	Milk. Mustard. Egg.	Fish. Milk. Gluten	Gluten. Egg. Milk
<b>VEGETARIAN</b>				
Beans on toast	Tomato and lentil soup with a wholemeal roll	Baked potato with cheese and coleslaw	Cheese topped muffins	Sandwiches rolls (egg mayonnaise, quorn, cream cheese) with cucumber and tomato
Gluten	Gluten. Celery. Milk	Milk. Mustard. Egg.	Gluten. Milk	Gluten. Egg. Milk. Soya
<b>DESSERT</b>				
Fresh fruit available every day				
Greek yogurt with fresh fruit	Peaches and cream	Shortbread	Sultana and sunflower seed flapjack	Yogurt and honey
Milk	Milk	Milk. Gluten	Milk. Gluten.	Milk