

3rd November, 24th November, 15th December, 19th January, 9th February, 9th March **WEEK ONE**

MONDAY

Margherita Pizza (Cheese & Tomato) (V, EF) Spinach & Potato Curry Egg Mayo &

Lettuce Wrap (V, DF) Sweetcorn &

Baked Beans

Flapjack (V, EF, DF) & Raisins

TUESDAY

Pork Sausages (EF, DF) Veggie Sausage (VG)

Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

Mashed Potatoes. Carrots & Green Beans & Gravy

Chocolate & Mandarin Brownie (V, DF)

WEDNESDAY

Roast Gammon (GF, EF, DF) Vegetarian Quorn Roast (V, GF) Rainbow Rice Salad (VG. GF)

> Roast Potatoes. Yorkshire Pudding, Curly Cabbage & Peas

Cinnamon Cookie (V, EF)

THURSDAY

Chicken, Tomato & Pepper Pasta (EF, DF) Pizza Pinwheel (V. EF)

Jacket Potato with Cheese (V. GF. EF) or Baked Beans (VG, GF)

Carrots & Sweetcorn

Vanilla Sponge Cake (V, DF)

FRIDAY

Fish Fingers (DF, EF) Veggie Samosa's (VG) Tuna & Sweetcorn Wrap (DF, EF)

> Chips or Pasta Peas & **Baked Beans**

Vanilla Ice Cream (V, GF, EF) with Peaches

WEEK TWO

10th November, 1st December, 5th January, 26th January, 23rd February, 16th March

MONDAY

Margherita Pizza (Cheese & Tomato) (V. EF) Rustic Tomato Pasta (VG) Cheddar Cheese & Lettuce Wrap (V, EF)

> Sweetcorn & Baked Beans

> > Cherry

TUESDAY

Meatballs in a Tomato Sauce (GF, DF, EF) Veggie Meatballs in a Tomato Sauce (V, EF, DF) Baked Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

Pasta, Vegetable Medley & Broccoli

> Chocolate Cornflake Cake (V, DF, EF)

WEDNESDAY

Roast Chicken Breast (GF. DF. EF) Vegetarian Quorn Roast Tuna & Sweetcorn Pasta Salad (EF, DF)

Yorkshire Pudding, Roast Potatoes & Gravy Carrots & Cauliflower

> Strawberry Jelly with Peaches

THURSDAY

Sweet & Sour Pork (GF, EF, DF) with Rice Mac 'n' Cheese (V, EF) Baked Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

Peas & Green Beans

Lemon Drizzle Cake

FRIDAY

Chicken Nuggets (Ef, DF) Veggie Sausage Roll (V, EF) Breaded Salmon Wrap with Mayo & Lettuce (EF, DF)

> French Fries or Pasta Baked Beans or Sweetcorn

> > Shortbread with an Orange Wedge

17th November, 8th December, 12th January, 2nd January, 2nd March, 23rd March **WEEK THREE**

MONDAY

Margherita Pizza (Cheese & Tomato) (V, EF) Bean & Vegetable Fajitas Cheddar Cheese & Tomato

Pasta Salad (V, EF) Sweetcorn &

(V, EF, DF)

with Mandarins

Carrots Golden Cornflake Cookie

Sausage Plait (DF) Crispy Veggie Dippers

TUESDAY

Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

Oven Baked Potato Wedges, Peas & Baked Beans

Iced Sprinkle Cake (V, DF)

WEDNESDAY

Roast Loin of Pork (GF, DF, EF) Vegetarian Quorn Roast (V, GF) Tuna & Cucumber Wrap (DF. EF)

Roast Potatoes & Yorkshire Pudding with Gravy

Savoy Cabbage & Carrots

Sultana & Syrup Cookie (V, EF)

THURSDAY

Cottage Pie (GF, DF, EF) Veggie Cottage Pie (V, GF, EF)

Baked Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

Broccoli & Vegetable Medley

Melting Moment (V. DF, EF) with Pineapple

FRIDAY

Flipper Dippers (DF, EF) Vegetable Spring Rolls (VG, GF)

Cheese & Cucumber Wrap (V, EF)

Chips or Pasta Peas & **Baked Beans**

Iced Fruit Smoothie (V, GF, EF, DF)

Available Daily - Fresh bread, Salad Bar, and lots of Fresh water, as well as a choice of natural yoghurt, or fresh fruit as an alternative to dessert

Allergy advice — All our food is prepared in a kitchen where any of the 14 Allergens may be present, and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergeninformation is available from your school. Any fish we serve will vary depending on availability.

We only select fish from sustainable sources.

