

Week 1 w/c 4/1, 25/1, 22/2, 14/3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat dish	Minced beef in a Yorkshire pudding (S. G. W.E.Mlk)	Herbed chicken escallops(G.E.Mlk)	Roast pork and gravy	Lamb mince and cous cous (S.W.G.)	Fish fingers (F.G.W)
Vegetarian	Quorn mince in a Yorkshire pudding (S. W. G. C. E.Mlk)	Vegetable parcels (W.G.Mlk)	Roast Quorn (E.Mlk) and gravy	Cheese and potato pie (Mlk)	Vegetable curry
Carbohydrate	New potatoes	Whole wheat pasta(G.W)	Roast potatoes(W)	Rice	Chips
Vegetables	Carrot and swede batons Sweet corn	Broccoli cheese(Mlk) Mixed vegetables	Cabbage Carrots Peas	Sweet corn Chopped tomatoes	Baked beans Peas
Dessert	Steamed jam sponge and custard (G.E.W.Mlk.Sy)	Rice pudding and jam (Mlk)	Apple crumble(W.G) and custard(Mlk)	Chocolate shortbread(W.G.)	Vanilla ice cream tub (Mlk)
Alternative dessert	Bananas and custard (Mlk)	Fresh fruit salad	Strawberry whip (Mlk)	Fruity jelly	Coconut cookies (G.W.)

Week 2 w/c 11/1, 1/2, 29/2, 21/3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat dish	Beef chilli con carne (G.W.)	Fish pie (F.M.Mlk)	Roast chicken and gravy	Hot ham and pineapple	Lamb lasagne (G.W.Mlk.)
Vegetarian	Quorn chilli con carne (G.W.E)	Pizza wheels (G.W.Mlk)	Roast Quorn (E.Mlk) and gravy	Cheese flan (G.W.Mlk.E)	Vegetable lasagne (G.W.Mlk)
Carbohydrate	Rice	Pasta (G.W)	Roast potatoes (W)	Tri colour pasta (G.W)	Chips
Vegetables	Mixed vegetables Diced carrots	Broccoli Sweet corn	Cabbage Carrot and swede batons	Tomatoes Sweetcorn	Baked beans Peas
Dessert	Apple and plum crumble (G.W) and custard (Mlk)	Rice pudding (Mlk) and jam	Bakewell tart (G.W.E.Sy.Mlk) and custard (Mlk)	Chocolate Haystacks (G.Mlk)	Strawberry ice cream tub (Mlk)
Alternative dessert	Fruity flapjack (S,D,S.G)	Iced carrot cake (G.E)	Raspberry whip (Mlk)	Melon and grape medley	Oat crunchies (G.W)

Week 3 w/c 18/1 ,8/2, 7/3,

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat dish	English breakfast: Sausage(Mlk.W), Bacon, Eggs (E)	Salmon fish cakes(F)	Roast beef and Yorkshire pudding (G.W.E.Mlk)	Bacon and tomato pasta(G.W)	Chicken curry
Vegetarian	Quorn English breakfast: Sausages(E.W.Mlk) Eggs(E)	Macaroni cheese (G.W.Mlk)	Roast Quorn(E.Mlk) and Yorkshire pudding (G.W.E.Mlk)	Tomato and herb pasta(G.W)	Cheese and tomato pizza(G.W.Mlk)
Carbohydrate	Hash browns(W)	Rainbow rice	Roast potatoes(W)	Cheese scones(G.W.Mlk)	Chips
Vegetables	Baked beans Tomatoes	Sweet corn Broccoli	Cabbage Carrot batons Peas	Mixed vegetables Broccoli Sweet corn	Baked beans Peas
Dessert	Rice pudding (Mlk) and jam	Coconut shortbread (G.W) and custard(Mlk)	Bananas and custard(Mlk)	Swiss roll (E.G.W)	Chocolate ice cream tubs (M)
Alternative dessert	Anzac biscuits(G)	Fruit Salad	Fruit and jelly	Banana whip (Mlk)	Nursery wheels(G.W.Mlk)

Fresh bread is available daily.

Milk, fruit and yogurts are available as an alternative to the desserts.

Vegetables are subject to change due to seasonal availability.

Salad bar is available in main hall daily.

ALLERGENS KEY: C-CELERY

Ctcn-CRUSTACEAN

E-EGGS

F-FISH

G-GLUTEN

L-LUPIN

Mlk-MILK

Mlls-MOLLOSCS

M-MUSTARD

N-NUTS

P-PEANUTS

Sm-SESAME

S-SOYA

S,D,S-SULPUR DIOXIDE and SULPHITES

W-WHEAT

