|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week one | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Jacket Potato, Tuna Mayonnaise | Tomato Pasta with Cheese | Roast Chicken Dinner | Beef Lasagne | Hand-rolled Margherita Pizza with Garlic Oil |
| Vegetarian | Jacket Potato, Cheese and Beans | Tomato Pasta with Cheese or Jacket Potato with Cheese and Beans | Cauliflower Cheese | Vegetable Lasagne | Hand-rolled Margherita Pizza with Garlic Oil |
| Garnish | Veggie Sticks | Peas, Sweetcorn, Garlic Bread | Roasted Potatoes, Carrots, Broccoli and Mini Yorkshire Pudding | Chips and Salad | Coleslaw, Baby Gem and Tomato |
| Dessert | Fruit Yoghurt | Iced Chocolate Cake  | Flapjack | Strawberry Jelly | Fresh Fruit |

Plated sandwich meal on best of both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert

Choice of fruit or yoghurt available daily as an alternative to the dessert

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week two | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Pasta Bolognese | Fish Finger Butty | Traditional Beef Dinner | Mac ‘n Cheese | Hand-rolled Peperoni Pizza with Garlic Oil |
| Vegetarian | Cheese and Tomato Penne | Vegetable Burger or Jacket Potato with Cheese and Beans | Cauliflower Cheese Pasta | Mac ‘n Cheese | Hand-rolled Margherita Pizza with Garlic Oil |
| Garnish | Peas, Sweetcorn, Garlic Bread | Ketchup, Carrot and Cucumber Sticks | Roasted Potatoes, Carrots, Broccoli and Mini Yorkshire Pudding | Broccoli and Sweetcorn | Coleslaw, Baby Gem and Tomato |
| Dessert | Fruit Yoghurt | Custard Cookie | Orange Jelly | Jam and Coconut Sponge | Fresh Fruit |

Plated sandwich meal on best of both available daily; choice of ham, tuna mayo or cheese served with garnish and dessert

Choice of fruit or yoghurt available daily as an alternative to the dessert

Allergen information

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Menu Item | **Celery** | **Gluten** | **Crustaceans** | **Egg** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Peanuts** | **Sesame** | **Soy** | **Sulphur Dioxide / Sulphites** | **Nuts** |
| Jacket Potato, Cheese and Beans, Rainbow Salad |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Jacket Potato, Tuna Mayonnaise, Rainbow Salad |  |  |  | X | X |  |  |  |  |  |  |  |  |  |
| Tomato Pasta with Cheese, Mixed Leaf |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Hand-rolled Margherita (or Pepperoni) Pizza with Garlic Oil, Coleslaw, Baby Gem and Cherry Tomato |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Fish Finger Butty, Ketchup, Sweetcorn, Carrot and Cucumber Sticks |  | X |  |  | X |  |  |  |  |  |  |  |  |  |
| Vegetable Burger, Ketchup, Carrot and Cucumber Sticks |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef and Pork or Vegetable Lasagne, Chips, Salad, Garlic Bread | X | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Pasta Bolognese or Cheese and Tomato Pasta, Chopped Salad, Garlic Bread |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Traditional Beef or Roast Chicken Dinner, Roast Potatoes, Carrots, Broccoli and Mini Yorkshire Pudding | X | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Cauliflower Cheese, Carrots and Broccoli |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Meaty Mac or Macaroni Cheese, Broccoli and Sweetcorn |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Custard Biscuit |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Flapjack |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Jam and Coconut Sponge |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Strawberry or Orange Jelly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Iced Chocolate Cake |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Fresh Fruit |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruit Yoghurt |  |  |  |  |  |  | X |  |  |  |  |  |  |  |

The 14 allergens are: **celery**, **cereals containing gluten** (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide and sulphites** (if they are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).