4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 10th March, 31st March, 5th May **WEEK ONE**

MONDAY

Margherita Pizza (Cheese & Tomato) (V, EF) Veggie Fajitas (VG) Oven Baked Jacket Potato with

Cheese (V, GF, EF) or Baked Beans (VG, GF)

> Sweetcorn & **Baked Beans**

Chocolate Shortbread (V, DF, EF) with Melon

TUESDAY

Spaghetti Bolognese (GF, EF) Veggie Bolognese

(GF, EF) Tuna & Sweetcorn

Bap (EF, DF)

Broccoli & Vegetable Medley

Strawberry Jelly (V. GF. DF. EF) with Peaches

WEDNESDAY

Roast Chicken Breast (GF, DF, EF)

Vegetarian Quorn Roast (V, GF)

Oven Baked Jacket Potato with Cheese & Coleslaw (V, GF, EF)

Roast Potatoes & Yorkshire Pudding with Gravy

Savoy Cabbage & Carrots

Cinnamon Cookie (V. DF, EF)

THURSDAY

Chicken Spinach & Tomato Pasta (EF, DF) Fruity Vegetable Curry & Rice (VG. GF)

> Cheddar Cheese & Lettuce Wrap (EF)

Sweetcorn & Green Beans

Vanilla Sponge Cake (V, DF)

FRIDAY

Fish Fingers (DF, EF) Veggie Sausage Roll (V, EF) Oven Baked Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

> Chips or Pasta Peas & Baked Beans

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

WEEK TWO

11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 17th March, 21st April, 12th May

MONDAY

Margherita Pizza (Cheese & Tomato) (V, EF) Five Bean Chilli with Rice (VG, GF)

Oven Baked Jacket Potato Baked Beans (VG, GF)

Peas & Baked Beans

Lemon Drizzle Cake

TUESDAY

Pork Sausages (EF) Veggie Sausage (VG) Free Range Egg Mayo & Lettuce Sandwich (V, DF)

Mashed Potatoes, Curly Cabbage & Vegetable Medley

> **Melting Moment** (V, DF, EF) with Pineapple

WEDNESDAY

Roast Chicken Breast Vegetarian Quorn Roast

Oven Baked Jacket Potato (V, GF, EF)

Yorkshire Pudding, Roast Potatoes & Gravy Carrots & Cauliflower

Rice Crispy Cake (V, DF, EF)

THURSDAY

Mac 'n' Cheese (V. EF) Pizza Pinwheel & New Potatoes (V, EF) Tuna & Cucumber Bap

Peas & Green Beans

Shortbread (V, EF, DF) with an Orange Wedge

FRIDAY

Flipper Dippers (DF, EF) Veggie Samosa's (VG) Oven Baked Jacket Potato with Cheese (V. GF. EF) or Baked Beans (VG, GF)

French Fries or Pasta Baked Beans or Sweetcorn

> Flapjack (V, EF, DF) & Raisins

WEEK THREE 18th Nov. 9th Dec. 13th Jan. 3rd Feb. 3rd March. 24th March. 28th April, 19th May

MONDAY

Margherita Pizza (Cheese & Tomato) (EF, V) Veggie Nugget Wrap (DF, EF)

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

Sweetcorn & Baked Beans

Sultana & Syrup Cookie (V. EF)

TUESDAY

Meatballs in a Rich Tomato Sauce (GF, DF, EF) Veggie Meatballs in a Rich Tomato Sauce (VG) Tuna & Cucumber Pasta Salad (EF, DF)

Fluffy Rice, Carrots & Peas

Cranberry & Oat Biscuit (V, EF)

WEDNESDAY

Roast British Gammon (GF, DF, EF) Vegetarian Quorn Roast (V, GF) Oven Baked Jacket Potato

with Cheese & Coleslaw (V. GF. EF)

Yorkshire Pudding, Roast Potatoes & Gravy Cauliflower & Green Beans

Iced Sprinkle Cake (V, DF)

THURSDAY

Oriental Chicken Noodles (DF)

Rustic Tomato Pasta Bake (EF. DF)

Cheddar Cheese & Cucumber Bap (EF)

> Broccoli & Sweetcorn

Chocolate Sponge (V) with Pears

FRIDAY

Fish Fingers (DF, EF) Crispy Quorn Dippers (VG) Oven Baked Jacket Potato with Cheese (V. GF. EF) or Baked Beans (VG, GF)

Chips or Pasta Peas & Baked Beans

> Strawberry Ice Cream (V, GF, EF)

Available daily - Natural yogurt, fresh fruit, fresh bread, salad bar and lots of fresh water!

Allergy advice - all our food is prepared in a kitchen where nuts, gluten and other ingredients are present and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. Any fish we serve will vary depending on availability.

