




Week 1




Marine Stewardship Council
Certified sustainable seafood



Week Commencing: 09/09, 30/09, 21/10, 18/11, 9/12

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Homemade Salmon and Fish Puff Pastry Triangles (G/F/M)	Oven Baked Butchers Pork Sausages (G)	Spaghetti Bolognese with Homemade Garlic Bread (G) <i>Gluten free alternative available</i>	Oven Roasted Chicken Breast with Sage and Onion Stuffing and Gravy (G) <i>Gluten free alternative available</i>	Oven Baked Crispy Breaded Fish(G/F) <i>Gluten free alternative available</i>
MAIN HALAL	Homemade Salmon and Fish Puff Pastry Triangles (G/F/M)	Oven Baked Halal Chicken Sausages (G)	Halal Spaghetti Bolognese with Homemade Garlic Bread (G) <i>Gluten free alternative available</i>	Oven Roasted Halal Chicken Breast with Sage and Onion stuffing and Gravy (G) <i>Gluten free alternative available</i>	Oven Baked Crispy Breaded Fish(G/F) <i>Gluten free alternative available</i>
VEGETARIAN	Freshly Baked Cheese Pizza, made with Homemade Tomato Sauce (G/M)	Homemade Quorn Mince Cottage Pie topped with Potato Mash (E)	Freshly made Mixed Bean Chilli and Rice 	Roasted Quorn Fillet with Sage and Onion Stuffing and Gravy (E) <i>Gluten free alternative available</i>	Cherry Tomato, Broccoli and Pasta Bake (G/M) <i>Gluten free alternative available</i>
JACKET POTATO	Oven Baked Jacket Potato with Tuna Mayonnaise (E)	Oven Baked Jacket Potato with Grated Cheese (M)	Oven Baked Jacket Potato with Beans	Oven Baked Jacket Potato with Vegetable Chilli	Oven Baked Jacket Potato with Grated Cheese (M)
SIDE DISH	New potatoes, Fresh Vegetable Sticks, Peas, Seasonal Salad	Creamy Mash Potato, Baked Beans, Sweetcorn, Seasonal Salad	Garlic and Herb Bread Seasonal Salad (G)	Crispy Roast Potatoes, Seasonal Vegetables	Oven Baked Chips, Steamed Peas , Baked Beans, Seasonal Salad
SANDWICH	Freshly Baked Egg Baguette (G/M)	Freshly made Cheese Mayonnaise Sandwich(G/E)	Freshly Baked Tuna Mayonnaise Brown Roll (G/F/E)	Freshly made whole meal Ham Sandwich (G)	Freshly made Chicken and Mayonnaise wrap (E/G)
PUDDING	Fruity Flapjack (G) Freshly Prepared Fruit Yogurt (M)	Bakewell Tart (G/E) Freshly Prepared Fruit Yogurt(M)	Freshly Prepared Fruit Yogurt(M)	Lemon Cookies (G) Freshly Prepared Fruit Yogurt(M)	Cocoa Cake (G/E) Freshly Prepared Fruit Yogurt(M)

 = Vegan

Allergen Key – Dish contains:

C=Celery, G=Gluten, CR=Crustaceans, E=Egg, F=Fish, L=Lupin, M=Milk, MO=Mollusc, MU=Mustard, N=Nuts, P=Peanuts, SS=Sesame Seeds, S=Soya, SD=Sulphur Dioxide




Week 2




Marine Stewardship Council
Certified sustainable seafood



Week Commencing: 16/09, 07/10, 04/11, 25/11, 16/12

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Crispy Quorn Nuggets (G)	Creamy Pesto Chicken Pasta (Nut Free) (M/G)	Savory Minced Beef in a Yorkshire Pudding (G/E) <i>Gluten or egg free alternative available</i>	Roast Turkey, Sage and Onion Stuffing and Gravy (G) <i>Gluten free alternative available</i>	Breaded Oven Baked Cod Fish Fingers (F/G)
MAIN HALAL	Crispy Quorn Nuggets (G)	Creamy Pesto Halal Chicken Pasta (Nut Free) (M/G) <i>Gluten free alternative available</i>	Savory Halal Minced Beef In a Yorkshire Pudding (G/E) <i>Gluten free alternative available</i>	Roast Halal Turkey, Sage and Onion Stuffing and Gravy(G) <i>Gluten free alternative available</i>	Breaded Oven Baked Cod Fish Fingers (F/G) <i>Gluten free alternative available</i>
VEGETARIAN	Homemade Macaroni Cheese (M/G) <i>Gluten free alternative available</i>	Fajitas made with Quorn Pieces (G/E/M)	Vegetable Biryani served with a Naan bread (Mildly Spiced Rice with Vegetables) (G)	Freshly Prepared Vegetable Thai Curry 	Homemade Cheese and Onion Pasty (M/G)
JACKET POTATO	Oven Baked Jacket Potato with Baked Beans	Oven Baked Jacket Potato with Grated Cheese (M)	Oven Baked Jacket Potato with Tuna Mayonnaise (E/F)	Oven Baked Jacket Potato with Baked Beans	Oven Baked Jacket Potato with Coleslaw (E)
SIDE DISH	Potato Wedges, Sweetcorn, Grated Carrot, Seasonal Salad	Pasta twists and seasonal salad	Mash Potato, Seasonal Vegetables, Seasonal Salad	Crispy Roast Potatoes, Seasonal Fresh Vegetables, Salad	Oven Baked Chips, Steamed Peas, Baked Beans, Seasonal Salad.
SANDWICH	Freshly Prepared Egg Mayonnaise Roll (E/G)	Freshly made Ham sandwich Whole meal bread (G)	Freshly Baked Cheese Baguette (M/G)	Freshly Prepared Tuna Sandwich (E/F)	Freshly Prepared Ham Wrap (G)
PUDDING	Carrot Cake (G/E) Freshly Prepared Fruit Yogurt(M)	Orange and Cranberry Cookie (G) Freshly Prepared Fruit Yogurt(M)	Apple and Cinnamon Muffins (G/E) Freshly Prepared Fruit Yogurt(M)	Freshly Prepared Fruit Yogurt(M)	Iced Slice (G/E) Freshly Prepared Fruit Yogurt(M)

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Week 3




Marine Stewardship Council
Certified sustainable seafood



Week Commencing: 23/09, 14/09, 11/10, 02/12

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BBQ Quorn Sausage Casserole (E/M/G/Mu)	Oven Baked Chicken Nuggets (G/E) <i>Gluten or Egg free alternative available</i>	Freshly made Lamb Lasagna (G/M) <i>Gluten or Milk free alternative available</i>	Freshly Prepared Chicken and Vegetable Pasty (G)	Oven Baked Crispy Battered Fish (F/G) <i>Gluten free alternative available</i>
MAIN HALAL	BBQ Quorn Sausage Casserole (E/M/G/Mu)	Oven Baked Halal Chicken Nuggets (G/E) <i>Gluten or Egg free alternative available</i>	Freshly made Halal Lamb Lasagna (G/M) <i>Gluten or Milk free alternative available</i>	Freshly Prepared Halal Chicken and Vegetable Pasty(G)	Oven Baked Crispy Battered Fish (F/G) <i>Gluten free alternative available</i>
VEGETARIAN	Sweet Tomato and Cheesy Pasta (G/M) <i>Gluten or Milk free alternative available</i>	Vegetable Burritos (Rice and Vegetables with Pepper Sauce and Cheese in a tortilla wrap) (G/M) <i>Milk free alternative available</i>	Crispy Vegetable Burger in a Bun (G) <i>Milk or Egg free alternative available</i>	Homemade Quorn Mince Spaghetti Bolognese (E/G) <i>Gluten free alternative available</i>	Homemade Sweet Potato and Lentil Curry 
JACKET POTATO	Oven Baked Jacket Potato with Baked Beans	Oven Baked Jacket Potato with Grated Cheese (M)	Oven Baked Jacket Potato with Tuna Mayonnaise(M/F)	Oven Baked Jacket Potato with Baked Beans	Oven Baked Jacket Potato with Coleslaw/Beans
SIDE DISH	Vegetable Rice, Broccoli, Seasonal Salad	Potato Wedges, Sweetcorn, Seasonal Salad	Vegetables Sticks, Seasonal Salad	Boiled New Potatoes, seasonal vegetables or salad	Oven Baked Chips, Baked Beans, Rice, Peas, Seasonal Salad
SANDWICH	Freshly Prepared Egg Mayonnaise Roll (M/G)	Freshly Made Ham Sandwich with Whole meal bread (G)	Freshly Baked Cheese Baguette (M/G)	Freshly Prepared Tuna Mayonnaise Sandwich (E/G)	Freshly Prepared Ham Wrap (E/G)
PUDDING	Oaty Raisin Cookie (G) Freshly prepared Fruit Yogurt(M)	Strawberry Cheese Cake (G/M) Freshly prepared Fruit Yogurt(M)	Chocolate Muffins(G/E) Freshly Prepared Fruit Yogurt(M)	Freshly Prepared Fruit Yogurt(M)	Banana Cake(E/G) Freshly Prepared Fruit Yogurt(M)

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