

## Commencing: 1st Nov, 22nd Nov, 13th Dec, 17th Jan, 7th Feb, 7th March, 28th March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Vegetable burger in a Bun with Baked Wedges and Seasonal Vegetables	BBQ Chicken Wrap served with Baby New Potatoes and Fresh Salad	Beef Lasagne served with Garlic Bread and Seasonal Vegetables	Farm Assured Roast Chicken with Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy	Cod Fish Fingers served with Chips, Garden Peas and Baked Beans *Salmon Fish Fingers Available
	(G) (W) (SU) (SE)	(G) (W) (B) (SO) (C)	(G) (W) (MK)	(G) (W) (E) (MK)	(G) (W) (F)
Meat Free	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Homemade Tomato and Vegetable Sauce Served with Fresh Salad and Fresh Bread	Jacket Potato with Choice of Toppings served with Fresh Salad	Quorn Roast with Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy	Vegetable Nuggets served with Chips, Garden Peas or Baked Beans
	(MK) (F) (E)	(G) (W) (MK)	(MK) (F) (E)	(G) (W) (E) (MK)	(G) (W)
Desserts	Choose One of Our Fabulous Deserts Apple Sponge & Custard Fruit Yogurt & Coulis Fresh Fruit	Choose One of Our Fabulous Deserts Chocolate Brownie Fruit Yogurt & Coulis Fresh Fruit	Choose One of Our Fabulous Deserts Cherry Cookie Fruit Yogurt & Coulis Fresh Fruit	Choose One of Our Fabulous Deserts Fruit Flapjack Fruit Yogurt & Coulis Fresh Fruit	Choose One of Our Fabulous Deserts Fruity Rocket Lolly Fruit Yogurt & Coulis Fresh Fruit
	(G) (W) (E) (MK)	(G) (W) (E) (MK)	(G) (W) (MK)	(G) (W) (MK)	(MK)

# Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings





## Commencing: 8th Nov, 29th Nov, 3rd Jan, 24th Jan, 21st Feb, 14th March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Hand Made Cheese and Tomato Pizza served with Herby Diced Potatoes and Coleslaw	Butchers Sausages served with Mashed Potatoes, Seasonal Vegetables and Rich Gravy	Sticky Texan Chicken served with Golden Vegetable Rice and Pitta Slice	Roast Loin of Pork with Potatoes, Seasonal Vegetables, Stuffing and Gravy	Crispy Fish Fillet served with Chips, Garden Peas and Baked Beans and Tomato Ketchup
	(G) (W) (S0) (MK) (E)	(G)(W)(SU)(MK)(SO)	(G) (W) (B) (C) (SO)	(G) (W)	(G) (W) (F)
Meat Free	Jacket Potato with Choice of Toppings served with Fresh Salad	Quorn Sausages served with Mashed Potatoes, Honey Roasted Vegetables and Rich Gravy	Classic Mac 'n' Cheese with Fresh Salad and Pitta Slice	Quorn Roast with Potatoes, Seasonal Vegetables, Stuffing and Gravy	Vegetable Nuggets served with Chips, Garden Peas or Baked Beans and Tomato Ketchup
	(MK) (F) (E)	(G) (W) (B) (E) (MK)	(G) (W) (MK)	(G) (W)	(G) (W)
Desserts	Choose One of Our Fabulous Deserts Shortbread Fruit Yogurt & Coulis Fresh Fruit (G) (W) (MK)	Choose One of Our Fabulous Deserts Mixed Berry Sponge Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Apple Crumble & Custard Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Banoffee Pancake Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Ice Cream and Fruit Sauce Fruit Yogurt & Coulis Fresh Fruit (MK)

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Fruit platter and natural yogurt with toppings





## Commencing: 15th Nov, 6th Dec, 10th Jan, 31st Jan, 28th Feb, 21st March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Quorn Dog in a Roll served with Potato Wedges, Seasonal Vegetables and Tomato Ketchup	Mild and Creamy Chicken Curry with Fluffy Rice and Pitta Slice	Pasta Bolognese served with Seasonal Vegetables and Garlic Bread	Farm Assured Roast Chicken with Roast Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy	Cod Fish Fingers served with Chips, Garden Peas and Baked Beans and Tomato Ketchup
	(G)(W)(B)(MK)(E)(SE)	(G) (W) (MK)	(G) (W) (MK)	(G) (W) (E) (MK)	(G) (W) (F)
Meat Free	Vegetable Quesadilla served with Potato Wedges, Seasonal Vegetables and Tomato Ketchup (G) (W) (M)	Pasta Twists with Homemade Tomato and Vegetable Sauce Served with Fresh Salad and Fresh Bread (G) (W) (MK)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Quorn Roast with Roast Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy  (G) (W) (E) (MK)	Vegetable Nuggets served with Chips, Garden Peas or Baked Beans and Tomato Ketchup (G) (W)
	(G) (W) (M)				
Desserts	Choose One of Our Fabulous Deserts Cappuccino Cake Fruit Yogurt & Coulis Fresh Fruit	Choose One of Our Fabulous Deserts Tuti Fruity Jelly Fruit Yogurt & Coulis Fresh Fruit	Choose One of Our Fabulous Deserts Lemon Drizzle Cake Fruit Yogurt & Coulis Fresh Fruit	Choose One of Our Fabulous Deserts Strawberry Delight Fruit Yogurt & Coulis Fresh Fruit	Choose One of Our Fabulous Deserts Chocolate Cake Fruit Yogurt & Coulis Fresh Fruit
	(G) (W) (E) (MK)	(MK)	(G) (W) (E) (MK)	(MK)	(G) (W) (E) (MK)

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Delicious freshly baked bread

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