Week 1

Weeks commencing 2nd + 23rd November, 14th December

GLUTEN FREE AND VEGAN OPTIONS AVAILABLE ON REQUEST. MENU MAY BE SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meals	**Mac and cheese** pasta bake with sweetcorn and garlic bread (WHEAT, MILK, SOYA) **Jacket potato** with cheese or beans, with sweetcorn (MILK) **Ham wrap** with plain pasta (WHEAT) **Cheese wrap** with plain pasta (WHEAT, MILK)	**Chicken tikka masala** with rice (MILK) **Quorn and lentil tikka masala** with rice (MUSTARD) **Egg batch** with plain pasta (WHEAT, EGG, SOYA, MUSTARD) **Tuna batch** with plain pasta (WHEAT, FISH, SOYA, MUSTARD)	**Roast turkey** with roast potatoes, Yorkshire pudding, gravy, green beans and carrots (WHEAT, EGG, MILK) **Quorn fillet** with roast potatoes, Yorkshire pudding, gravy, green beans and carrots (WHEAT) **Cheese flan** with roast potatoes, Yorkshire pudding, gravy, green beans and carrots (WHEAT, EGG, MILK) **Chicken wrap** with plain pasta (WHEAT) **Cheese wrap** with plain pasta (WHEAT, MILK)	**All-day breakfast: Pork** sausage, mini omelette, toast, hash brown, baked beans (WHEAT, EGG, SULPHUR DIOXIDE) **All-day breakfast: Vegetarian** sausage, toast, hash brown, baked beans (WHEAT) **Egg batch** with plain pasta (WHEAT, EGG, MUSTARD, SOYA) **Ham batch** with plain pasta (WHEAT, SOYA)	**Jumbo fish fingers** with chips and garden peas or beans (WHEAT, FISH) **Vegetarian fingers** with chips and garden peas or beans (WHEAT) **Chicken goujons** with chips and garden peas or beans (WHEAT) **Chicken wrap** with plain pasta (WHEAT) **Cheese wrap** with plain pasta (WHEAT, MILK)
	Salad bar	**Salad bar**	**Salad bar**	**Salad bar**	**Salad bar**
Dessert	**Cheese and crackers** (WHEAT, MILK, SESAME) **Fruit** **Yoghurt** (MILK)	**Apple cake and custard** (WHEAT, MILK, EGG, SOYA) **Fruit** **Yoghurt** (MILK)	**Fruit** **Yoghurt** (MILK)	**Mini cocoa muffin** (WHEAT, EGG, MILK) **Fruit** **Yoghurt** (MILK)	**Ice cream of the day** (MILK, SOYA) **Fruit** **Yoghurt** (MILK)

Week 2

Weeks commencing 9th + 30th November

GLUTEN FREE AND VEGAN OPTIONS AVAILABLE ON REQUEST. MENU MAY BE SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meals	**Tomato pasta bake** with sweetcorn and broccoli (WHEAT) **Jacket potato** with cheese or beans and sweetcorn (MILK) **Ham wrap** with plain pasta (WHEAT) **Cheese wrap** with plain pasta (WHEAT, MILK)	**Fresh pork sausage** in a roll served with cucumber and carrot sticks and crisps (WHEAT, SULPHUR DIOXIDE, SOYA) **Vegetarian sausage** in a roll served with cucumber and carrot sticks and crisps (WHEAT, SOYA)	**Chicken fillet** with roast potatoes, stuffing, gravy, garden peas and carrots (WHEAT) **Vegetarian fillet** with roast potatoes, stuffing, gravy, garden peas and carrots (WHEAT) **Chicken wrap** with plain pasta (WHEAT, MILK) **Cheese wrap** with plain pasta (WHEAT, MILK)	**Beef Bolognese** with 50/50 wholemeal/white pasta, with garlic bread, sweetcorn and carrots (WHEAT, EGG, BARLEY, SOYA, MILK) **Quorn and lentil Bolognese** with 50/50 wholemeal/white pasta, with garlic bread, sweetcorn and carrots (WHEAT, BARLEY, SOYA, MILK) **Turkey batch** with plain pasta (WHEAT, SOYA) **Egg batch** with plain pasta (WHEAT, EGG, SOYA, MUSTARD)	**Salmon fishcake** with chips or beans (WHEAT, FISH) **Beefburger** with chips or beans (WHEAT) **Cheeseburger** with chips or beans (WHEAT) **Vegetarian burger** with chips or beans (WHEAT) **Ham wrap** with plain pasta (WHEAT) **Cheese wrap** with plain pasta (WHEAT, MILK)
	Salad bar	**Salad bar**	**Salad bar**	**Salad bar**	**Salad bar**
Dessert	**Jam doughnut bites** (WHEAT, MILK. EGG, SOYA) **Fruit** **Yoghurt** (MILK)	**Frubes fruit yoghurt** (MILK) **Biscuit** (WHEAT) **Apple juice** **Milkshake** (MILK)	**Fruit crumble of the day** with custard (MILK, EGG, WHEAT) **Fruit** **Yoghurt** (MILK)	**Peach slices with custard** (MILK, WHEAT) **Fruit** **Yoghurt** (MILK)	**Orange & mango smoothie** **Strawberry & mango smoothie** **Fruit** **Yoghurt** (MILK)

Week 3

Weeks commencing 16th November, 7th December

GLUTEN FREE AND VEGAN OPTIONS AVAILABLE ON REQUEST. MENU MAY BE SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meals	**Tomato pasta bake** with mixed vegetables and garlic bread (WHEAT, MILK, SOYA) **Jacket potato** with cheese or beans, with mixed vegetables (MILK) **Ham wrap** with plain pasta (WHEAT) **Cheese wrap** with plain pasta (WHEAT, MILK)	**Fresh pork sausage** in a roll served with cucumber and carrot sticks and crisps (WHEAT, SULPHUR DIOXIDE, SOYA) **Vegetarian sausage** in a roll served with cucumber and carrot sticks and crisps (WHEAT, SOYA)	**Chicken fillet** with roast potatoes, carrots, swede, pigs in blankets and gravy (WHEAT, SULPHUR DIOXIDE, SOYA) **Quorn fillet** with roast potatoes, carrots, swede, and gravy (WHEAT, SULPHUR DIOXIDE, SOYA) **Chicken wrap** with plain pasta (WHEAT) **Cheese wrap** with plain pasta (WHEAT, MILK)	**Meatball pasta** with sweetcorn and carrots (WHEAT) **Vegetarian meatball pasta** with sweetcorn and carrots (WHEAT) **Ham batch** with plain pasta (WHEAT) **Egg batch** with plain pasta (WHEAT, EGG, MUSTARD)	**Fish fillet** with crispy potato cubes (WHEAT, FISH) **Sausage roll** and baked beans or garden peas (WHEAT, SULPHUR DIOXIDE, MILK) **Vegan sausage roll** and baked beans or garden peas (WHEAT, SULPHUR DIOXIDE) **Tuna batch** with plain pasta (WHEAT, FISH, MILK, SOYA) **Cheese batch** with plain pasta (WHEAT, MILK, SOYA)
	Salad bar	**Salad bar**	**Salad bar**	**Salad bar**	**Salad bar**
Dessert	**Mini scones** with jam (WHEAT, MILK, EGG, SOYA) **Fruit** **Yoghurt** (MILK)	**Frubes fruit yoghurt** (MILK) **Biscuit** (WHEAT) **Apple juice** **Milkshake** (MILK)	**Fruit** **Yoghurt** (MILK)	Vegan **jelly pots** **Fruit** **Yoghurt** (MILK)	**Ice cream of the day** (MILK, SOYA) **Fruit** **Yoghurt** (MILK)