

# Week 1

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Tuesday                                                                                                                                              | Wednesday                                                                                                                                                                                                    | Thursday                                                                                                                                                                         | Friday                                                                                                                                                                                             |
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| <b>BBQ Chicken</b><br>Chicken or Quorn cooked in a BBQ sauce and served with rice<br><b>Contains Gluten</b>                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Sausage and Mash</b><br>Choose from a butcher's quality sausage or a Quorn served on a bed of homemade mash with gravy.<br><b>Contains Gluten</b> | <b>Chicken pasta bake</b><br>Fresh chicken or Quorn pieces and pasta spirals coated in a tomato and basil sauce, then topped with cheese and baked in the oven<br><b>Contains Gluten, Milk, Mustard, Egg</b> | <b>Roast Dinner</b><br>Choose from home roasted breast of turkey or a Quorn fillet served with roast potatoes, Yorkshire pudding and gravy.<br><b>Contains Gluten, Egg, Milk</b> | <b>Fish or Chicken nuggets &amp; Chips</b><br>Choose from either Breaded cod fillet fingers or Chicken nuggets, baked in the oven & served with chips.<br><b>Contains Gluten, Fish, Milk, Eggs</b> |
| <b>Served with</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                      |                                                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                                                    |
| <b>Mixed Salad</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Green Beans</b>                                                                                                                                   | <b>Sweetcorn</b>                                                                                                                                                                                             | <b>Cabbage &amp; Carrots</b>                                                                                                                                                     | <b>Peas or Baked Beans</b>                                                                                                                                                                         |
| <b>or</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                      |                                                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                                                    |
| <b>Jacket potatoes</b><br>served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available) <b>Contains Milk, Egg, Fish</b>                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                      |                                                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                                                    |
| <b>or</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                      |                                                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                                                    |
| <b>Pasta &amp; Deli Bar - Available Everyday</b><br>Design your own sandwich or pasta pot, either choose your bread – wraps or assorted batch, then choose either chicken or cheese (Monday), ham or cheese (Tuesday), Flavoured chicken or cheese (Wednesday), Tuna or cheese (Thursday), Turkey or cheese (Friday)– or choose pasta with a variety of toppings available and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, and peppers.<br><b>Contains Gluten, Milk, Fish, Egg</b> |                                                                                                                                                      |                                                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                                                    |
|                                                                                                                                                                                                                                                                                            |                                                                                                                                                      |                                                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                                                    |
| <b>And for dessert</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                      |                                                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                                                    |
| <b>Meringue &amp; Cream</b><br>Contains Egg, Milk                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Iced sponge cake</b><br>Contains Milk, Egg, Gluten, Soya                                                                                          | <b>Chocolate Brownie</b><br>Contains Gluten, Egg                                                                                                                                                             | <b>Jelly &amp; Cream</b><br>Contains Milk                                                                                                                                        | <b>Ice Cream</b><br>Contains Milk                                                                                                                                                                  |
| Fresh Fruit, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.<br><b>Contains Milk, Gluten, Sesame</b>                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                      |                                                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                                                    |
| <b>And finally, a drink</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                      |                                                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                                                    |
| <b>A selection of the following drinks will be available daily.</b><br><b>Freshly made milkshakes (Contains Milk)– chocolate or strawberry, fresh fruit juice – apple, orange, or water.</b>                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                      |                                                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                                                    |

**Important Allergy Information:** Allergen information provided on this menu is intended as a guide only.

Ingredients, suppliers, and recipes may change without notice, which could affect allergen content.

Parents/carers of children with food allergies, intolerances, or special dietary requirements should contact the school directly to discuss individual needs and obtain the most up-to-date allergen information. We strongly advise against relying solely on menu allergen symbols when making food choices.

## Gluten free options are available

# Week 2

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Tuesday                                                                                                                                                                                                    | Wednesday                                                                                                                                                   | Thursday                                                                                                                                                                           | Friday                                                                                                                                                                                             |
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| <b>Mince &amp; Mash</b><br>Fresh mince beef or Quorn mince, cooked with onions, carrots, and stock, served with homemade mashed potatoes<br><b>Contains Eggs</b>                                                                                                                                                                                                                                                                                                                                                                                     | <b>Creamy Chicken Curry</b><br>Choose from fresh chicken pieces or Quorn pieces cooked with onions in a mild spiced sauce served on a bed of rice with Naan bread<br><b>Contains Gluten, Eggs, Mustard</b> | <b>Meatballs</b><br>Choose from either Beef or Quorn meatballs served in a tomato & basil sauce with pasta<br><b>Contains Gluten, Soya, Sulphur dioxide</b> | <b>Roast Dinner</b><br>Choose from either home roasted joint of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy<br><b>Contains Gluten, Egg, Milk</b> | <b>Fish or Chicken nuggets &amp; Chips</b><br>Choose from either Breaded cod fillet fingers or Chicken nuggets, baked in the oven & served with chips.<br><b>Contains Gluten, Fish, Milk, Eggs</b> |
| <b>Served with</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                            |                                                                                                                                                             |                                                                                                                                                                                    |                                                                                                                                                                                                    |
| <b>Broccoli</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Peas</b>                                                                                                                                                                                                | <b>Sweetcorn</b>                                                                                                                                            | <b>Carrot and Swede or Cabbage</b>                                                                                                                                                 | <b>Peas or Baked Beans</b>                                                                                                                                                                         |
| <b>or</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                            |                                                                                                                                                             |                                                                                                                                                                                    |                                                                                                                                                                                                    |
| <b>Jacket potatoes</b><br>served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey & baked beans (when available) <b>Contains Milk, Egg, Fish</b>                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                            |                                                                                                                                                             |                                                                                                                                                                                    |                                                                                                                                                                                                    |
| <b>or</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                            |                                                                                                                                                             |                                                                                                                                                                                    |                                                                                                                                                                                                    |
| <b>Pasta &amp; Deli Bar - Available Everyday</b><br>Design your own sandwich or pasta pot, either choose your bread – wraps or assorted batch, then choose either chicken or cheese (Monday), ham or cheese (Tuesday), Flavoured chicken or cheese (Wednesday), Tuna or cheese (Thursday), Turkey or cheese (Friday)– or choose pasta with a variety of toppings available and finally finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, and peppers.<br><b>Contains Gluten, Milk, Fish, Egg</b> |                                                                                                                                                                                                            |                                                                                                                                                             |                                                                                                                                                                                    |                                                                                                                                                                                                    |
|                                                                                                                                                                                                       |                                                                                                                                                                                                            |                                                                                                                                                             |                                                                                                                                                                                    |                                                                                                                                                                                                    |
| <b>And for dessert</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                            |                                                                                                                                                             |                                                                                                                                                                                    |                                                                                                                                                                                                    |
| <b>Flapjack</b><br>Contains Gluten, Milk, Egg, Soya                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Melting moments</b><br>Contains Gluten, Milk, Egg                                                                                                                                                       | <b>Raspberry muffins</b><br>Contains Milk, Egg Gluten                                                                                                       | <b>Jelly &amp; cream</b><br>Contains Milk                                                                                                                                          | <b>Ice Cream</b><br>Contains Milk                                                                                                                                                                  |
| Fresh Fruit, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.<br><b>Contains Milk, Gluten, Sesame</b>                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                            |                                                                                                                                                             |                                                                                                                                                                                    |                                                                                                                                                                                                    |
| <b>And, finally a drink</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                             |                                                                                                                                                                                    |                                                                                                                                                                                                    |
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# Week 3

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                               | Wednesday                                                                                                                                                                                       | Thursday                                                                                                                                                                         | Friday                                                                                                                                                                                                                |
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| <p><b>Pizza Day</b></p> <p>A selection of pizza. Choose from Cheese &amp; Tomato, Ham &amp; Pineapple or Pepperoni served with tomato and basil pasta</p> <p><b>Contains Milk, Gluten, Mustard</b></p>                                                                                                                                                                                                                                                                                                                                                              | <p><b>Chicken Burger</b></p> <p>Choose from either a chicken or Quorn burger served in a bun with fresh diced potatoes</p> <p><b>Contains Gluten, Sesame, Egg</b></p> | <p><b>Pasta Bolognaise</b></p> <p>Choose from fresh minced beef or soya mince cooked with onions, garlic, tomatoes, and herbs, served on a bed of pasta.</p> <p><b>Contains Gluten, Egg</b></p> | <p><b>Roast Dinner</b></p> <p>Choose from either a chicken or Quorn fillet served with roast potatoes, Yorkshire pudding and gravy.</p> <p><b>Contains Gluten, Egg, Milk</b></p> | <p><b>Fish or Chicken nuggets &amp; Chips</b></p> <p>Choose from either Breaded cod fillet fingers or Chicken nuggets, baked in the oven &amp; served with chips.</p> <p><b>Contains Gluten, Fish, Milk, Eggs</b></p> |
| <b>Served with</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                       |                                                                                                                                                                                                 |                                                                                                                                                                                  |                                                                                                                                                                                                                       |
| <b>Corn on the cob</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Mixed salad</b>                                                                                                                                                    | <b>Mixed salad</b>                                                                                                                                                                              | <b>Cauliflower &amp; Carrots</b>                                                                                                                                                 | <b>Peas and Baked Beans</b>                                                                                                                                                                                           |
| <b>or</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                       |                                                                                                                                                                                                 |                                                                                                                                                                                  |                                                                                                                                                                                                                       |
| <p><b>Jacket potatoes</b></p> <p>served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna mayo, ham, turkey &amp; baked beans (when available) <b>Contains Milk, Egg, Fish</b></p>                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                       |                                                                                                                                                                                                 |                                                                                                                                                                                  |                                                                                                                                                                                                                       |
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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                    |                                                                                                             |                                                                                             |                                                                                                                                                                                                                       |
| <b>And for dessert</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                       |                                                                                                                                                                                                 |                                                                                                                                                                                  |                                                                                                                                                                                                                       |
| <p><b>Jam Sponge &amp; custard</b></p> <p>Contains Milk, Egg, Gluten, Soya</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p><b>Choc chip cookies</b></p> <p>Contains Gluten, Milk, Egg</p>                                                                                                     | <p><b>Iced finger</b></p> <p>Contains Gluten</p>                                                                                                                                                | <p><b>Jelly &amp; Cream</b></p> <p>Contains Milk</p>                                                                                                                             | <p><b>Ice Cream</b></p> <p>Contains Milk</p>                                                                                                                                                                          |
| <p>Fresh Fruit, Yogurt or Cheese &amp; Crackers are available everyday as an alternative to the daily dessert.</p> <p><b>Contains Milk, Gluten, Sesame</b></p>                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                       |                                                                                                                                                                                                 |                                                                                                                                                                                  |                                                                                                                                                                                                                       |
| <b>And finally, a drink</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                       |                                                                                                                                                                                                 |                                                                                                                                                                                  |                                                                                                                                                                                                                       |
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