

# YOUR MENUS WEEK 1-3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## WEEK 1

<b>MAIN MEAL</b>	<b>Italian style beef &amp; pasta bake</b> (gluten, milk)	<b>Chicken korma</b> (milk)	<b>Roasted chicken &amp; gravy</b>	<b>Beef burger in a bun</b> (celery, gluten, soya, sulphites, may contain sesame)	<b>Battered fish</b> (fish, gluten)
<b>PLANT POWER</b>	<b>Hidden vegetable ragu pasta bake</b> (v) (gluten, milk)	<b>Chickpea &amp; cauliflower korma</b> (v) (milk, may contain gluten)	<b>Falafel loaf with gravy</b> (v) (egg, gluten, milk, soya)	<b>Vegetable &amp; bean burger in a bun</b> (vg) (gluten, may contain sesame)	<b>Veggie frittata</b> (v) (egg, milk)
<b>SIDES</b>	<b>Garden peas &amp; our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)	<b>Broccoli &amp; 50/50 rice, our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)	<b>Skin on roast potatoes, medley of vegetables, our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)	<b>Sweetcorn &amp; our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)	<b>Chips, baked beans &amp; our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)
<b>PUDDINGS</b>	<b>Fruity flapjack</b> (v) (gluten) or fresh fruit	<b>Berry cookie</b> (v) (gluten) or fresh fruit	<b>Yoghurt &amp; fruit</b> (v) (milk) or fresh fruit	<b>Strawberry and vanilla mousse</b> (v) (milk) or fresh fruit	<b>Fruit jelly</b> (v) or fresh fruit

## WEEK 2

<b>MAIN MEAL</b>	<b>Classic pepperoni pizza</b> (gluten, milk, soya, may contain egg)	<b>Rich beef bolognese</b> (gluten)	<b>Roasted gammon &amp; gravy</b>	<b>Taste of Asia - stir fried chicken noodles with sweet chilli</b> (eggs, gluten)	<b>Breaded chicken goujons</b> (gluten) or salmon fishcake (fish, gluten)
<b>PLANT POWER</b>	<b>Cheese &amp; tomato pizza</b> (v) (gluten, milk, soya, may contain egg)	<b>Red pepper &amp; vegetable bolognese</b> (vg) (gluten)	<b>Vegan sausage &amp; gravy</b> (vg) (soya)	<b>Taste of Asia - stir fried veggie noodles with sweet chilli sauce</b> (v) (egg, gluten, soya)	<b>Vegetable fingers, cheese and bean wrap</b> (v) (gluten, milk)
<b>SIDES</b>	<b>Chef's coleslaw</b> (egg) our salad selection, <b>garlic bread</b> (milk, gluten, soya, may contain egg)	<b>Sweetcorn &amp; our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)	<b>Zero waste roast potatoes &amp; medley of vegetables, our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)	<b>Green beans, carrots, broccoli, our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)	<b>Chips, baked beans, our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)
<b>PUDDINGS</b>	<b>Carrot &amp; ginger biscuit</b> (v) (gluten) or fresh fruit	<b>Wholemeal orchard fruit crumble</b> (v) (gluten) with vanilla sauce (v) (milk) or fresh fruit	<b>Yoghurt &amp; fruit</b> (v) (milk) or fresh fruit	<b>Taste of Asia - plum steamed pudding</b> (v) (egg, gluten) with custard (v) (milk) or fresh fruit	<b>Mousse</b> (v) (milk) or fresh fruit

## WEEK 3

<b>MAIN MEAL</b>	<b>Cheese &amp; tomato pizza with half a jacket potato</b> (v) (milk, gluten, soya, may contain egg)	<b>Traditional beef lasagne</b> (milk, gluten, may contain egg)	<b>Herby roast chicken &amp; gravy</b>	<b>Sausage meat plait</b> (egg, gluten, sulphites) with gravy	<b>Fish fingers</b> (fish, gluten)
<b>PLANT POWER</b>	<b>Bean chilli with 50/50 rice</b> (vg) (may contain gluten)	<b>Mediterranean vegetable lasagne</b> (v) (milk, gluten, soya, may contain egg)	<b>Baked sweet potato with Mexican veg</b> (vg) (may contain gluten)	<b>Veggie slice with gravy</b> (v) (egg, gluten, milk)	<b>Vegan sausage</b> (vg) (soya)
<b>SIDES</b>	<b>Garden peas &amp; our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)	<b>Broccoli &amp; our salad selection, garlic bread</b> (milk, gluten, soya, may contain egg)	<b>Zero waste roast potatoes, roasted parsnips &amp; carrots, our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)	<b>Potato wedges, sweetcorn &amp; our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)	<b>Chips, baked beans, our salad selection, handmade bread</b> (milk, gluten, soya, may contain egg)
<b>PUDDINGS</b>	<b>Peaches &amp; yoghurt</b> (v) (milk) or fresh fruit	<b>School cake</b> (v) (egg, gluten) or fresh fruit	<b>Strawberry and Vanilla mousse</b> (v) (milk) or fresh fruit	<b>Krispie cake</b> (v) (gluten) or fresh fruit	<b>Steamed lemon sponge</b> (v) (egg, gluten) with custard (v) (milk) or fresh fruit

**AVAILABLE DAILY** Jacket potatoes with beans, cheese (milk)



\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\*