

ALLERGY INFORMATION
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Available Daily

- Bread with butter
- Daily salad selection
- Jacket potato with a choice of cheese/beans
- Plain Pasta Served With Sauce Of The Day

ALLERGEN KEY

A Gluten **B** Crustaceans **C** Molluscs **D** Fish **E** Peanuts **F** Nuts **G** Eggs
H Soybeans **I** Milk **J** Celery **K** Mustard **L** Lupin **M** Sesame **N** Sulphur Dioxide

Week 1

Week 2



1st Sep / 12th Oct / 23rd Nov



7th Sep / 19th Oct / 30th Nov

Monday

Meat Free Day

- ✓ Pasta Bake (A, I, J) served with Sweetcorn & Peas
- ✓ Jacket Potato with a choice of Cheese (I) / Beans / Tuna (D, G)
- S Salad
- D Fruit

Meat Free Day

- ✓ Lentil Dhal & Sweet Potato Curry served with Basmati Rice
- ✓ Jacket Potato with a choice of Cheese (I) / Beans
- S Salad
- D Fruit

Tuesday

- M Chicken Balti Curry served with Basmati Rice
- ✓ Egg & Potato Curry (G)
- S Salad
- D Fruit

- M Cajun Grilled Chicken served with Roast Potatoes & Steamed Vegetables
- ✓ Chickpea Curry
- S Salad
- D Fruit

Wednesday

- M Cheesy Shepherd's Pie (A, I, J) served with Broccoli
- ✓ Vegetarian Shepherd's Pie (A, I, J)
- S Salad
- D Victoria Sponge Cake (A, I, G)

- M Spaghetti Bolognese (A, I, J) served with Steamed Veg
- ✓ Pasta Bake (A, I, J)
- S Salad
- D Yoghurt (I)

Thursday

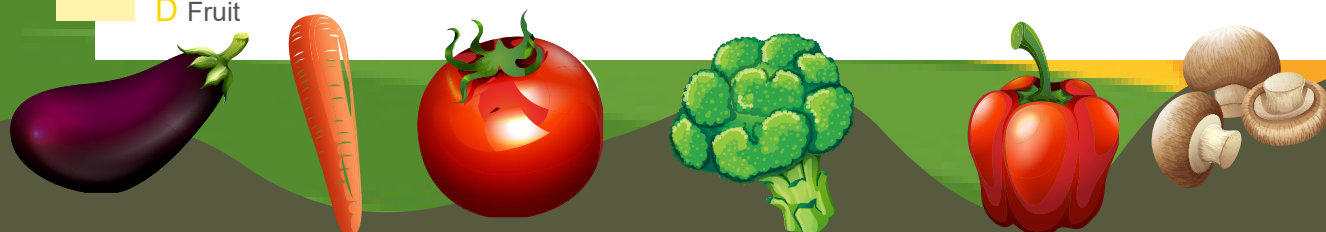
- M Chicken Fillet Burger (A, I) served with Wedges
- ✓ Cheese Flan (A, I, G)
- S Salad
- D Fruit

- M Italian Chicken Pizza served with Garlic Bread (A, I)
- ✓ Margherita Pizza (A, I)
- S Pasta Salad (A, I, G)
- D Fruit

Friday

- M Fish Fingers (A, D) & Chips served with Baked Beans or Peas
- ✓ Cheese & Tomato Toastie (A, I) served with Baked Beans
- S Salad
- D Fruit

- M Fish Fingers (A, D) & Chips served with Baked Beans
- ✓ Vegetable Pinwheel (A, I, J)
- S Salad
- D Fruit



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Week 3



14th Sep / 26th Oct / 7th Dec

Week 4



21st Sep / 2nd Nov / 14th Dec

Monday

Meat Free Day

- ✓ Mac 'N' Cheese (A, I) served with Steamed Vegetables
- ✓ Jacket Potato with a choice of Cheese (I) / Beans (A)
- S Salad
- D Fruit

Meat Free Day

- ✓ Vegetable Fajita Pasta (A, I, J) served with Sweetcorn
- ✓ Jacket Potato with a choice of Cheese (I) / Beans
- S Salad
- D Fruit

Tuesday



- M Great British Bangers & Mashed Potato served with Baked Beans & Gravy (A, I, J, H)
- ✓ Vegan Sausages
- S Salad
- D Fruit



- M Butter Chicken (I) served with Basmati Rice
- ✓ Bombay Potato Curry served with Basmati Rice
- S Salad
- D Fruit

Wednesday



- M BBQ Spiced Chicken served with Boiled Carrots & Boiled Potatoes
- ✓ Sweet Yam Casserole (A, G) served with Pita Bread
- S Salad
- D Flavoured Jelly



- M Cheeseburger (A, I) served with Wedges
- ✓ Bean Burger (A) served with Wedges
- S Salad
- D Yoghurt (I)

Thursday



- M Flavours Of The Week Chicken served with Steamed Veg & Yorkshire Pudding (A, I, H, J, G)
- ✓ Aubergine & Mixed Vegetable Curry (A, J)
- S Salad
- D Fruit



- M Roast Chicken served with Mash, Gravy & Yorkshire Pudding (A, I, H)
- ✓ Cheese & Onion Pie (A, I, J, H) served with Beans
- S Glazed Carrots & Salad
- D Fruit

Friday



- M Fish Fingers (A, D) & Chips served with Sweetcorn & Baked Beans
- ✓ Cheese Toastie (A, I)
- S Salad
- D Fruit



- M Fish Fingers (A, D) & Chips served with Sweetcorn & Baked Beans
- ✓ Mac 'N' Cheese (A, I) with Roasted Broccoli
- S Salad
- D Fruit



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Week 5

28th Sep / 9th Nov

Week 6

5th Oct / 16th Nov

Monday

Meat Free Day

✓ Creamy Linguine Pasta with Mascarpone Sauce (A, I, J, H)
✓ Jacket Potato with a choice of Cheese (I) / Beans
S Salad
D Fruit

Meat Free Day

✓ Pizza Baguette (A, I) served with Sweetcorn
✓ Jacket Potato with a choice of Cheese (I) / Beans
S Salad
D Fruit

Tuesday



M Chicken Tagine (A) served with Rice
✓ Moroccan Style Spinach & Potato Curry served with Rice
S Salad / Couscous
D Fruit



M Turkish Meatballs in Tomato Sauce served with Spaghetti (A, I, J, H)
✓ Veg & Tomato Spaghetti (A, I)
S Salad
D Fruit

Wednesday



M Chilli Mac 'N' Cheese (A, I) served with Steamed Veg
✓ Cauliflower Cheese Bake (A, I)
S Salad
D Sponge Cake served with Custard (A, I, G)



M Nigerian Chicken Stew with Jollof Rice (J, H)
✓ Curried Vegetable Stew
S Carrots & Peas
D Yoghurt (I)

Thursday



M Chicken Pizza served with Pasta (A, I)
✓ Margherita Pizza (A, I)
S Salad
D Fruit



M Honey & Lime Flavoured Chicken served with Herby Potato, Green Beans & Gravy (A, J, I)
✓ Savoury Rice (J, H)
S Salad
D Fruit

Friday



M Fish Fingers (A, D) & Chips served with Mush Peas & Baked Beans
✓ Vegetable Pinwheel (A, I)
S Salad
D Fruit



M Fish Fingers (A, D) & Chips served with Sweetcorn & Baked Beans
✓ Pizza Baguette (A, I)
S Salad
D Fruit

