



Week 1

Menu served week commencing 31st October, 21st November, 12th December

MONDAY	Minced Beef & Potato Pie (1,2,7) (may 7,13) Mashed Potato Broccoli & Sweetcorn Gravy (2) (may 1,7,13)	Quorn 'Mince' & Potato Pie (1,2,4,7) (may 7,13) Mashed Potato Broccoli & Sweetcorn Gravy (2) (may 1,7,13)	Fruit Ice Cream (7) Yogurt (7)
TUESDAY	Salmon Fish Bites (2,5) Pasta (2) Baked Beans Peas	Vegetable & Bean Lasagne (1,2,7,9) Bread (2) Baked Beans Peas	Strawberry & Apple Crumble (2) Custard (7) Yogurt (7) Fruit
ROAST WEDNESDAY	Pork Sausage Meatloaf (2) (may 13) Roast Potatoes Carrots & Peas	Vegetable & Cheese Omelette (1,2,4,7) Roast Potatoes Carrots & Peas	Fruit & Jelly Yogurt (7)
THURSDAY	Chicken Fricassée (1,2,7) (may 4,9,13,14) Rice Cabbage & Cauliflower	Quorn Fricassée (1,2,4,7) (may 9,13,14) Rice Cabbage & Cauliflower	Apricot Sponge (2) Custard (7) Yogurt (7) Fruit
FRIDAY	Cheese Pizza (1,2,7) Pasta (2) Mixed Vegetables	Tuna Pasta Bake (1,2,5,7) Herby Bread (2) Mixed Vegetables	Rice Pudding (7) & Sultanas Yogurt (7) Fruit



Week 2

Menu served week commencing 7th November, 28th November, 19th December

MONDAY	Pork Sausage Pie (2,7) (may 13) Mashed Potato Cabbage & Peas Gravy (2) (may 1,7,13)	Bean & Vegetable Pie (1,2,7) (may 13) Mashed Potato Cabbage & Peas Gravy (2) (may 1,7,13)	Peach & Apple Flapjack (2) Custard (7) Fruit Yogurt (7)
TUESDAY	Macaroni Cheese (1,2,7,9,13) Garlic Bread (2) (may 7,13) Green Beans Baked Beans	Meatfree Sausage in Savoury Rice Garlic Bread (2) (may 7,13) Green Beans Baked Beans	Date Slice (2) Custard (7) Fruit Yogurt (7)
ROAST WEDNESDAY	Roast Chicken Roast Parliament Potatoes (2) (may 13) Cauliflower & Broccoli Gravy (2) (may 1,7,13)	Quorn Fillet (2,4,7) Roast Parliament Potatoes (2) (may 13) Cauliflower & Broccoli Gravy (2) (may 1,7,13)	Semolina (2,7) & Sultanas Fruit Yogurt (7)
THURSDAY	Minced Beef Cobbler (1,2,4,7,9) (may 13) Rice Carrots & Sweetcorn Gravy (2) (may 1,7,13)	Egg Mornay (4,7,9,13) (may 2) Rice Carrots & Sweetcorn	Chocolate Crunch (2) Chocolate Custard (7) Fruit Yogurt (7)
FRIDAY	Cod Bites (2,5) Chips Peas Cucumber	Quorn Curry (1,4,7) Rice Peas Cucumber	Lemon Love Cake (2,4) Custard (7) Fruit Yogurt (7)



Week 3

Menu served week commencing 14th November, 5th December

MONDAY	Chicken Pie (1,2,4,7) (may 9,13,14) Mashed Potato Cabbage & Green Beans Gravy (2) (may 1,7,13)	Quorn 'Chicken' Pie (1,2,4,7) (may 9,13,14) Mashed Potato Cabbage & Green Beans Gravy (2) (may 1,7,13)	Rice Pudding (7) Sultanas Fruit Yogurt (7)
TUESDAY	Cheese Pizza (1,2,7) Rice Coleslaw (4,9) Cucumber	Jacket Potato with Tuna & Sweetcorn (5) Bread (2) or Rice Coleslaw (4,9) Cucumber	Rhubarb & Apple Flapjack (2) Fruit Yogurt (7)
ROAST WEDNESDAY	Roast Gammon Roast Potatoes Carrots & Sweetcorn Gravy (2) (may 1,7,13)	Cheese & Onion Flan (2,4,7) Roast Potatoes Carrots & Sweetcorn	Lemon & Sultana Sponge (2,4) Custard (7) Fruit Yogurt (7)
THURSDAY	Beef Bolognese (1,2) (may 7,13) Spaghetti (2) Cauliflower & Peas	Quorn Bolognese (1,2,4,7) (may 13) Spaghetti (2) Cauliflower & Peas	Apple & Blueberry Crumble (2) Custard (7) Fruit Yogurt (7)
FRIDAY	Fishwich (2,5,9) Chips Baked Beans Peas	Vegetable Sausage (2,7,9) Chips Baked Beans Peas	Ice Cream Roll (2,7,13) Fruit Yogurt (7)

What are the 14 Allergens

1) Celery

8) Molluscs

2) Cereals containing Gluten

9) Mustard

3) Crustaceans

10) Nuts

4) Eggs

11) Peanuts

5) Fish

12) Sesame Seeds

6) Lupin

13) Soya

7) Milk

14) Sulphur Dioxide