



Week 1

Menu served week commencing 2nd October

MONDAY	(Pork) Meatballs (2,7) (may 1,4,9,13,14) Spaghetti (2) Peas & Cauliflower	Meatfree Meatballs Spaghetti (2) Peas & Cauliflower	Raisin & Oat Slice (2,4) Custard (7) Yogurt (7) Fruit
TUESDAY	Meatfree Mince Pie (1,2,13) (may 7) Mashed Potato Carrots & Sweetcorn Gravy (2) (may 1,7,13)	Vegetable Flan (1,2) Mashed Potato Carrots & Sweetcorn Gravy (2) (may 1,7,13)	Rice Pudding (7) & Sultanas Yogurt (7) Fruit
ROAST WEDNESDAY	Gammon (Pork) Roast Potatoes Broccoli & Peas Gravy (2) (may 1,7,13)	Quorn Fillet (2) Roast Potatoes Broccoli & Peas Gravy (2) (may 1,7,13)	Apricot Sponge (2,4) Custard (7) Yogurt (7) Fruit
THURSDAY	Spring Chicken Casserole (1,2,7) (may 4,9,13,14) Rice Cabbage & Sweetcorn Gravy (2) (may 1,7,13)	Vegetable, Bean & Egg Slice (1,2,4) Rice Cabbage & Sweetcorn Gravy (2) (may 1,7,13)	Date Slice (2) Custard (7) Yogurt (7) Fruit
FRIDAY	Fish Fingers (2,5) Pasta (2) Baked Beans & Cucumber	Jacket Potato with Baked Beans & Cheese (7) Bread (2) Baked Beans & Cucumber	Viennese Biscuit (2) Yogurt (7) Fruit



Week 2

Menu served week commencing 11th September, 9th October

MONDAY	(Pork) Sausage Pie (2) (may 13) Mashed Potato Carrots & Peas Gravy (2) (may 1,7,13)	Meatfree Mince & Beans (1,2) (may 7,13) Mashed Potato Carrots & Peas	Apple & Peach Flapjack (2) Custard (7) Yogurt (7) Fruit
TUESDAY	Chicken Fricassé (1,2,7) (may 4,9,13,14) Rice Broccoli & Sweetcorn Gravy (2) (may 1,7,13)	Egg Mornay (4,7,9,13) (may 2) Rice Broccoli & Sweetcorn	Jam Love Cake (2,4) Custard (7) Yogurt (7) Fruit
ROAST WEDNESDAY	Chicken Sausages (2,9,13,14) Roast Parliament Potatoes (2) (may 13) Cabbage & Peas Gravy (2) (may 1,7,13)	Quorn Sausage (2) Roast Parliament Potatoes (2) (may 13) Cabbage & Peas Gravy (2) (may 1,7,13)	Jelly Yogurt (7) Fruit
THURSDAY	Macaroni Cheese (2,7,9,13) Garlic Bread (2) (may 7,13) Sweetcorn & Cucumber	Tuna & Egg Risotto (4,5) Garlic Bread (2) (may 7,13) Sweetcorn & Cucumber	Cookie (2) Yogurt (7) Fruit
FRIDAY	Cheese Pizza (1,2,7) Pasta (2) Coleslaw (4,9) Green Salad	Tuna Fishcake (2,5) Pasta (2) Coleslaw (4,9) Green Salad	Ice Cream Roll (2,7,13) Yogurt (7) Fruit



Week 3

Menu served week commencing 18th September, 16th October

MONDAY	Minced Beef & Beans (1,2) (may 7,13) Pasta (2) Broccoli & Sweetcorn	Cheese & Potato Bake (1,7) Pasta (2) Broccoli & Sweetcorn	Apple Crumble (2) Custard (7) Yogurt (7) Fruit
TUESDAY	Cheese & Onion Flan (2,4,7) New Potatoes or Pasta (2) Peas Baked Beans	Pizza & Bean Puff (1,2) New Potatoes or Pasta (2) Peas Baked Beans	Pineapple Sponge (2,4) Custard (7) Yogurt (7) Fruit
ROAST WEDNESDAY	Roast Turkey Roast Parliament Potatoes (2) (may 13) Carrots & Green Beans Gravy (2) (may 1,7,13)	Cauliflower & Bean Gratin (7,9,13) (may 2) Roast Parliament Potatoes (2) (may 13) Carrots & Green Beans	Chocolate Krispie Chocolate Custard (7) Yogurt (7) Fruit
THURSDAY	(Pork) Sausage Meatloaf (2) (may 13) Rice Peas & Cauliflower Gravy (2) (may 1,7,13)	Quorn Fricassé (1,2,7) (may 4,9,13,14) Rice Peas & Cauliflower	Bakewell Tart (2,4) Custard (7) Yogurt (7) Fruit
FRIDAY	Battered Fish Square (2,5,9) Chips Mixed Vegetables	Jacket Potato & Cheese (7) Bread (2) Mixed Vegetables	Rice Pudding (7) & Sultanas Yogurt (7) Fruit



Week 4

Menu served week commencing 25th September

MONDAY	Chicken Pie (1,2,7) (may 4,9,13,14) Mashed Potato Carrots & Peas Gravy (2) (may 1,7,13)	Meatfree Mince & Bean (4,13) filled Yorkshire Pudding (2,4,7) Mashed Potato Carrots & Peas Gravy (2) (may 1,7,13)	Chocolate Semolina (2,7) Yogurt (7) Fruit
TUESDAY	Cheese Pizza (1,2,7) Rice or New Potatoes Pepper, Tomato & Cucumber Salad	Vegetable Sausage (2,7,13,14) Rice or New Potatoes Pepper, Tomato & Cucumber Salad	Krispie Mousse Flan (4) Yogurt (7) Fruit
ROAST WEDNESDAY	Roast Chicken Roast Parliament Potatoes (2) (may 13) Broccoli & Green Beans Gravy (2) (may 1,7,13)	Vegetable Omelette (1,2,4,7) Roast Parliament Potatoes (2) (may 13) Broccoli & Green Beans	Jelly & Fruit Yogurt (7)
THURSDAY	Salmon Bites (2,5) Pasta (2) Baked Beans Mixed Vegetables	Cheese & Vegetable Slice (1,2,7) Pasta (2) Baked Beans Mixed Vegetables Gravy (2) (may 1,7,13)	Pear & Apricot Flapjack (2) Custard (7) Yogurt (7) Fruit
FRIDAY	Beefburger in a Bun (2,12) Spaghetti Hoops (2) Sweetcorn Coleslaw (4,9)	Quorn Burger (2,4,7) in a Bun (2) (12) Spaghetti Hoops (2) Sweetcorn Coleslaw (4,9)	Ice Cream (7) Yogurt (7) Fruit

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