



Week 1

MONDAY

Spaghetti Bolognaise (1)
Vegetable Noodles (1, 7, 8)
Lemon Drizzle Cake (1, 7) or Fresh Fruit

TUESDAY

Chicken Curry and Rice
Sweet and Sour Vegetables
with Rice (8, 14)
Oatie Cookie (1) or Fresh Fruit

WEDNESDAY

Chilli Con Carne and Rice
Mac n' Cheese (1, 9, 11)
Chocolate Sponge (1, 7) or Fresh Fruit

THURSDAY

Chicken Wrap and Wedges (1)
Vegetable Wrap and Wedges (1)
Ice Cream (9) or Fresh Fruit

FRIDAY

Fish Fingers and Chips (1, 4)
Cheese and Onion Whirl
and Chips (1, 9, 11)
Shortbread (1) or Fresh Fruit

Week 2

MONDAY

Chicken Pasta Bake (1)
Tomato Pasta (1)
Cupcake (1, 7) or Fresh Fruit

TUESDAY

Homemade Sausage Roll (1, 9)
with Herby Potatoes
Mac n' Cheese (1, 9, 11)
Fruity Granola Bar (1) or Fresh Fruit

WEDNESDAY

Meat Feast Pizza (1, 8, 9)
Cheese and Tomato Pizza (1, 8, 9)
with Potato Wedges
Chocolate Brownie Cookie (1, 7, 9)
or Fresh Fruit

THURSDAY

Chicken and Vegetable Spring Roll (1, 8)
with Rice and Prawn Crackers (4)
Vegetable Spring Roll (1, 8)
Orange and Lemon Cake (1, 7)
or Fresh Fruit

FRIDAY

Fish and Chips (4)
Vegetarian Sausage and Chips (1)
Fruit Iced Lolly or Fresh Fruit

Week 3

MONDAY

Pasta Bolognaise Bake (1, 10)
Vegetable Chilli
Spiral Cookie (1) or Fresh Fruit

TUESDAY

Cheesy Chicken Nachos (9)
Spicy Samosas with Rice (1)
Strawberry Muffin (1, 7) or Fresh Fruit

WEDNESDAY

Turkey Pinwheel with Wedges (1)
Sweet Chilli Noodles (1)
Fruity Oatie Cookie (1) or Fresh Fruit

THURSDAY

BBQ Chicken and Rice
Vegetable Paella (10)
Chocolate Orange Cake (1, 7)
or Fresh Fruit

FRIDAY

Chicken Goujons and Chips
Vegetable Pasty and Chips (1)
Frozen Yoghurt (9) or Fresh Fruit

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN
2 CRUSTACEANS

3 MOLLUSCS
4 FISH

5 PEANUTS
6 NUTS

7 EGGS
8 SOYBEANS

9 MILK
10 CELERY

11 MUSTARD
12 LUPIN

13 SESAME
14 SULPHUR DIOXIDE

*ALL OUR MENUS ARE TREE NUT AND PEANUT FREE

INGREDIENTS CONTAINING GLUTEN (INDICATED BY THE NUMBER 1 ON THE MENU) WILL CONTAIN WHEAT, OATS, BARLEY, SPELT, RYE OR KAMUT, OR A COMBINATION THEREOF. IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING

WE ONLY USE



FRESH UK MEAT



FREE RANGE EGGS



MSC FISH



ORGANIC MILK



LOCAL FRUIT & VEG



WHOLEMEAL PASTA