

Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Cheese and Tomato Pizza (GM/D) (GF/D available)	Lasagne (GM/D) GF Pasta Bolognese	Roast Chicken (GF) with Sage and Onion Stuffing (G)	Sausage in Onion Gravy (G) (GF use GF Sausage)	Fish Fingers (F) (GF fish Fingers)(F)
Vegetarian Dish	Sweet Potato and Chickpea Curry	Herb Crust (G) Ratatouille	Quorn Fillet in Tomato Sauce (S)	Lentil Cottage Pie	Vegetable Bean Burger
Vegan/Dairy Free	Sweet Potato and Chickpea Curry	Herb Crust Ratatouille	Quorn Fillet in Tomato Sauce (S)	Lentil Cottage Pie	Vegetable Bean Burger
Vegetable Choices	Selection of Vegetables/Salad Bar	Selection of Vegetables/Salad Bar	Selection of Vegetables/Salad Bar	Selection of Vegetables/Salad Bar	Selection of Vegetables/Salad Bar
Potato, Rice or Pasta Choices	Jacket Potato Wedge Rice (V)	Garlic Bread	Roast Potatoes Bread	Mashed Potato Bread	Chips Bread
Dessert of the Day	Vanilla Shortbread (G)	Blueberry and Banana Muffin (G,E)	Summer Fruit Jelly	Chocolate Cake (G,E) with Chocolate Sauce (D/M)	Vanilla ice Cream (D/M)
Available Every Day	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt

(G) Contains Gluten (S) Contains Soya (F) Contains Fish (M/D) Contains Milk/Dairy (E) Contains Eggs (SU) Sulphates (GF) suitable for Gluten Free

Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Quorn Meatballs in a Rich Tomato Sauce(G,S)	Mild Chilli Con Carne	Roast Pork with Apple Sauce	Chicken and Vegetable Pie (G) (GF Chicken in Gravy)	Breaded Cod (F,G) (GF Fish Fingers)
Vegetarian Dish	Butter Bean and Vegetable Crumble	Quorn Risotto(S)	Red Onion and Feta Quiche (G,M/D)	Vegetable and Rice Enchiladas (G,M/D)	Chickpea Falafel
Vegan/Dairy Free	Butter Bean and Vegetable Crumble	Quorn Risotto(S)	Lentil Casserole	Vegetable Fajitas	Chickpea Falafel
Vegetable Choices	Selection of Vegetables/ Salad Bar	Selection of Vegetables/ Salad Bar	Selection of Vegetables/ Salad Bar	Selection of Vegetables/ Salad Bar	Selection of Vegetables/ Salad Bar
Potato, Rice or Pasta Choices	Spaghetti	Rice Bread	Roast Potatoes Bread	Midi Potatoes Bread	Chips Bread
Dessert of the Day	Chocolate and Coconut Crunch(G,E)	Gingerbread Sponge with Custard (G,E,M/D)	Apricot Oat Squares (G,E)	Carrot Cake with a Cream Cheese Topping (G,E,D)	Strawberry ice Cream with Fresh Berries (M/D)
Dessert Available Every Day	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt

(G)Contains Gluten (M/D)Contains Milk/Dairy (S)Contains Soya (SU)Contains Sulphates (F)Contains Fish (E)Contains Eggs (GF)Suitable for Gluten Free

Week 3					
Choices	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Quorn Stir Fry with Noodles (S,G,E)	Creamy Chicken and Vegetable Pasta Bake (G,M/D)	Roast Gammon	Cottage Pie	Battered Cod (F,G) (GF Fish Fingers)
Vegetarian Dish	Mediterranean Vegetable and Lentil Lasagne(GM/D)	Vegetable and Bean Chilli	Leek and Cauliflower Cheese Bake(M/D)	Quorn Cottage Pie(S)	Sweet Potato, Carrot and Onion Rosti
Vegan /Dairy Free	Quorn Stir Fry Veg with Rice	Vegetable and Bean Chilli	Stuffed Pepper	Quorn Cottage Pie(S)	Sweet Potato Carrot and Onion Rosti
Vegetable Choices	Selection of Vegetables/Salad Bar	Selection of Vegetables/Salad Bar	Selection of Vegetables/Salad Bar	Selection of Vegetables/Salad Bar	Selection of Vegetables/Salad Bar
Potato, Rice or Pasta Choices	Bread	Rice(v) Bread	Roast Potatoes Bread	Mashed Potatoes Bread	Chips Bread
Dessert of the Day	Oat and Cherry Cookie Slice(E,G)	Apple and Cinnamon Cake(E,G)	Seasonal Fruit Platter (Melon, Satsuma) Kiwi etc.	Lemon and Lime Drizzle Cake(E,G)	Vanilla ice Cream(M/D)
Dessert Available Every Day	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt

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