

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
<b>LUNCH</b>	Cottage Cheese & Tomato Fusilli Pasta 2, 7	Beef Lasagne with salad & Salad Cream 2, 4, 7, 9	Cauliflower & Potato Gratin with Fresh Green Beans 2, 7, 9	Lentil Soup with Baguettes (soft bread Tigger Room) 1, 2 (may contain nuts, 7,12)	Quorn Sausages, Chips and Baked Beans 2, 4 (may contain nuts)
Vegetarian Option		Quorn lasagne 2, 4, 7			
Protein	Cottage Cheese, Milk	Beef (Quorn), Cheese	Milk, Cheese	Red Lentils	Quorn Sausages, Baked Beans
Carbohydrates	Pasta	Pasta	Potatoes	Bread	Potatoes
Vegetables	Tomatoes, Peppers, Onions	Tomatoes & onions	Cauliflower, Green Beans	Carrots, Celery, Onions	
<b>PUDDING</b>	Semolina 2, 7 (may contain nuts)	Bananas and custard 7	Fruit Salad with Evaporated Milk 7	Jam sponge and Custard 2, 4, 7	Peaches with natural yoghurt 7
<b>SNACK</b>	Spaghetti hoops on toast 2, 10	Muffin pizza 2, 13 (may contain 7, 12)	Chocolate Sponge & Chocolate Sauce 2, 4, 7	Pasta Bows in Tomato Sauce with Grated Cheese 2, 7	Fish Fingers in Pitta Bread with Tomato sauce 2, 5
Alternative	Selection of Fresh Fruit is served as an alternative for dessert or snack				

ALLERGENS indicated by number, as per Allergen Chart

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
<b>LUNCH</b>	Spaghetti Bolognaise 1, 2, 4, 7	Vegetable Curry & Basmati Rice (may contain 1,2,7,10,12)	Cheesy Haddock Potato Pie 2, 5, 7	Quorn Sausages, Boiled Potato, Carrots, Cabbage & Gravy 2, 13	Chicken and mushroom pie with new potatoes and fine whole beans 2, 4, 7
Vegetarian Option	Quorn Bolognaise 1, 2, 4, 7		Cheese Mixed Vegetables Potato Pie 2, 7, 9		Quorn and mushroom pie 2, 4, 7, 13
Protein	Beef (Quorn), Cheese	Chickpeas, coconut milk	Fish, Cheese & Milk (Cheese & Milk)	Quorn	Quorn/Chicken
Carbohydrates	Pasta	Rice	Potatoes	Potatoes	Potatoes
Vegetables	Onions, mushrooms	Onions, carrots, red & green peppers, tomatoes, peas	Broccoli, carrots, peas, green beans, sweetcorn	Carrots and Cabbage	Fine whole beans, Mushrooms
<b>PUDDING</b>	Rice Pudding 2, 7	Pineapple upside down cake with custard 2, 4, 7	Banana and Custard 7	Fresh Fruit Salad & Evaporated Milk 7	Peaches with cream 7
<b>SNACK</b>	Potato waffles & baked beans	Crumpets with butter and jam 2	Sandwiches with Raisins 2, 5	Jam Tarts with Custard 2, 7	Macaroni Cheese 2, 7
Alternative	Selection of Fresh Fruit is served as an alternative for dessert or snack				

ALLERGENS indicated by number, as per Allergen Chart

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
<b>LUNCH</b>	Tuna Pasta Bake 2, 5, 7	Quorn Sausage and Pepper Stew with Roast Potatoes 2, 4	Jacket Potatoes, Cheese and Salad with Salad Cream 4, 7	Jollof Rice	Shepherd's Pie & Broccoli 1, 7
Vegetarian Option	Vegetable Pasta Bake 2, 7			Quorn Jollof Rice 4	Quorn Pie and Broccoli 1, 7, 13
Protein	Fish (Cheese)	Quorn	Cheese	Chicken/ Quorn	Lamb
Carbohydrates	Pasta	Potatoes	Potatoes	Rice	Potatoes
Vegetables	Sweetcorn, Red Onion, Peas, Cherry Tomatoes	Red and Green Peppers, Tomatoes	Tomatoes, Cucumber, Lettuce	Tomatoes, Onions, Peas & Sweetcorn, Carrots	Onion, Celery, Carrot, Broccoli
<b>PUDDING</b>	Semolina 2 (may contain nuts, 7, 13)	Pear Crumble & cream 2, 7	Lemon Drizzle Cake 2, 4, 7	Jam sponge and Evaporated Milk 2, 4, 7	Bananas and custard 7
<b>SNACK</b>	Potato waffles & baked beans	Bagels with Turkey Ham and Cream Cheese 2, 7	Tuna, sweetcorn & mayonnaise pasta 2, 7, 9	Spaghetti hoops on toast 2	Cheesy pitta pockets 2, 7
Alternative	Selection of Fresh Fruit is served as an alternative for dessert or snack				

ALLERGENS indicated by number, as per Allergen Chart

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
<b>LUNCH</b>	Rose's Pink Spaghetti 2, 7	Cod in a Parsley Sauce, New Potatoes & Peas 5, 7	Chicken Korma with Rice 1, 7 (may contain 2 10,12)	Quorn Sausage Potato Bake 2, 4, 7	Vegetable Lasagne 2, 7
Vegetarian Option		Veggie Fingers 2	Quorn 1, 4, 7		
Protein	Milk & Cheese	Milk & Fish	Chicken (Quorn)	Cheese, Baked beans	Milk & Cheese
Carbohydrates	Pasta	Potatoes	Rice	Potatoes	Pasta
Vegetables	Tomatoes	Peas	Onions	Onions	Courgettes, Cherry Tomatoes, Onions, Mushrooms, Mixed Pepper
<b>PUDDING</b>	Syrup Sponge & Cream 2, 4, 7	Banana & Custard 7	Lemon Flan 2, 7	Rice Pudding 7	Fruit Salad & Evaporated Milk 7
<b>SNACK</b>	Cheese & Crackers 2, 7	Crumpets & Jam 2	Spaghetti Hoops on Muffins 2, 13 (may contain 7, 12)	Sandwiches with Raisins 2, 5	Apple & Cinnamon Cake 2, 4, 7
Alternative	Selection of Fresh Fruit is served as an alternative for dessert or snack				

ALLERGENS indicated by number, as per Allergen Chart