

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	Lentil Soup with French Bread (soft bread Tigger Room) 1, 2, 7	Cauliflower & Potato Gratin with Fresh Green Beans 2, 7, 9	Beef Lasagne with salad 2, 4	Quorn Sausages, chips and beans 2, 4 (may contain nuts)
Vegetarian Option				Quorn lasagne 2, 4	
Protein	Cottage Cheese	Red Lentils	Milk, Cheese, Fresh Green Beans	Beef (Quorn)	Beans
Carbohydrates	Pasta	Bread	Potatoes	Pasta	Potatoes
Vegetables	Tomatoes, Peppers, Onions	Carrots, Celery, Onions	Cauliflower, Green Beans	Tomatoes & onions	Beans
<b>PUDDING</b>	Semolina 7 (may contain nuts)	Jam sponge and Custard 2,4,7	Fruit Salad with Carnation 7	Bananas and custard 4, 7	Pears with natural yoghurt 7
<b>SNACK</b>	Spaghetti hoops on toast 2, 10, 12, 13	Penne in Tomato Sauce with Grated Cheese 2, 7	Chocolate Sponge & Chocolate Sauce 2, 4, 7	Muffin pizza 2, 13	Fish Fingers in Pitta Bread 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 <b>2, 7, 10, 13</b>				
<b>LUNCH</b>	Spaghetti Bolognaise <b>1, 2, 4, 7</b>	Vegetable Curry & Basmati Rice <b>7, 9</b>	Cheesy Haddock Potato Pie <b>2, 5, 7</b>	Vegetarian Toad in the Hole with Mashed Potato, Carrots & Savoy Cabbage <b>2, 7</b>	Chicken and mushroom pie with new potatoes and runner beans <b>2, 4, 7</b>
Vegetarian Option	Quorn Bolognaise <b>1, 2, 4, 7</b>		Cheese Vegetables Potato Pie <b>2, 7, 9</b>		Quorn and mushroom pie <b>2, 4, 7, 13</b>
Protein	Beef (Quorn), Cheese	Chickpeas, creamed coconut	Fish, Cheese & Milk (Cheese & Milk)	Milk, Quorn	Quorn/Chicken
Carbohydrates	Pasta	Rice	Potatoes	Potatoes	Potatoes, Breadcrumbs
Vegetables	Onions, mushrooms	Onions, carrots, red & green peppers, tomatoes, peas	Broccoli, carrots, peas, green beans, sweetcorn	Carrots and Cabbage	Runner beans, Mushrooms
<b>PUDDING</b>	Banana and Custard <b>7</b>	Pineapple upside down cake with custard <b>2, 4, 7</b>	Stewed apple and ice cream <b>7</b>	Fresh Fruit Salad & Carnation Milk <b>7</b>	Peaches with cream <b>7</b>
<b>SNACK</b>	Crumpets with butter and jam <b>2</b>	Potato waffles and baked beans <b>2</b>	Selection of Sandwiches & grapes <b>1, 2, 4, 5, 12, 13</b>	Jam Tarts with Custard <b>2, 7</b>	Macaroni Cheese <b>2, 7, 9</b>
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, 7	Jacket Potatoes, Cheese and Salad 7	Jollof Rice 2	Shepherd's Pie & Broccoli 1, 7
Vegetarian Option	Vegetable Pasta Bake 2, 7			Quorn Jollof Rice 2, 13	Quorn Pie and Broccoli 1, 7, 13
Protein	Fish (Cheese)	Quorn	Cheese	Chicken	Lamb
Carbohydrates	Pasta & Breadcrumbs	Potatoes	Potatoes	Rice	Potatoes
Vegetables	Sweet Corn (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 7 (may contain nuts)	Apple Crumble & cream 2, 7	Gingerbread Pudding & Vanilla Sauce 2, 4, 7	Jam sponge and Carnation Milk 2, 4, 7	Bananas and custard 4, 7
<b>SNACK</b>	Potato Waffles & Baked Beans 2, may contain nuts	Bagels with Ham and Cream Cheese 2, 7	Tuna, sweetcorn & mayonnaise pasta 2, 7	Spaghetti hoops on toast 2, 10, 12, 13	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, 9	Chicken Korma with Rice 1, 7, 9	Sausage Potato Bake 1, 7	Vegetable Lasagne 2, 7
Vegetarian Option		Veggie Finger with Parsley Sauce. 1, 2, 7, 9	Quorn 1, 2, 7, 9, 13	Soya sausage potato bake 1, 7, 13	
Protein	Milk & Cheese	Milk & Fish	Chicken (Quorn)	Cheese, Beans	Milk & Cheese
Carbohydrates	Pasta	Potatoes	Rice	Potatoes	Pasta
Vegetables	Tomatoes	Peas	Peas, Onions	Beans	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 2, 7	Fruit Salad & Evaporated Milk 7
<b>SNACK</b>	Crackers & Cheese Selection 2, 7	Spaghetti in Tomato Sauce on Muffins 2, 13	Crumpets & Selection of Preserves 2, 7	Sandwich Selection & Grapes 1, 2, 4, 5, 12, 13	Scones 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