

# Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot and Meaty	Chicken curry, Basmati rice, and naan bread. <i>Contains dairy/egg</i>	Thin crust pepperoni pizza. <i>Contains dairy</i>	Roast gammon, roast potatoes and seasonal vegetables.	Bacon pasta bake With sweetcorn. <i>Contains dairy</i>	Chicken burger in a bap with chips and garden peas.
Hot and Veggie	Mushroom Stroganoff With basmati rice. <i>Contains dairy</i>	Thin crust cheese and tomato pizza. <i>Contains dairy</i>	Vegetable quiche. <i>Contains dairy/egg</i>	Vegetarian pasta bake. <i>Contains dairy</i>	Veggie burger with chips and garden peas.
A Light Alternative	Fresh cheese or ham baguette. <i>With or without dairy spread</i>	Jacket potato, cheese and tuna with or without mayo. <i>Contains dairy</i>	Jacket potato, cheese and tuna with or without mayo. <i>Contains dairy</i>	Fresh cheese or ham baguette. <i>With or without dairy spread</i>	Homemade soup with a bread roll. <i>Contains dairy.</i>
Super Salads	Selection of Fresh Salads with a choice of dressings available daily				
Something Sweet	Sticky toffee pudding. <i>Contains dairy</i>	Flapjacks. <i>Contains dairy</i>	Chocolate mousse. <i>Contains dairy/egg</i>	Apple crumble with custard. <i>Contains dairy</i>	Chef's healthy dessert.
Yummy Yoghurt & Fresh Fruit Finish	A selection of fresh fruit and yoghurt is available daily. <i>Yoghurts contain dairy.</i>				

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Hot and Meaty</i>	Cottage pie with mixed vegetables. <b>Contains dairy</b>	Pulled pork in a bun With potato wedges.	Roast chicken with roast potatoes and seasonal vegetables.	Pasta carbonara. <b>Contains dairy</b>	Fish goujons, chips and garden peas.
<i>Hot and Veggie</i>	Vegetable cottage pie. <b>Contains dairy</b>	Vegetarian quiche. <b>Contains dairy/egg</b>	Vegetable quesadilla. <b>Contains dairy</b>	Pasta with tomato sauce.	Homemade soup with a bread roll. <b>Contains dairy.</b>
<i>A Light Alternative</i>	Jacket potato, cheese and tuna with or without mayo. <b>Contains dairy</b>	Fresh cheese or ham baguette. <b>With or without dairy spread</b>	Jacket potato, cheese and tuna with or without mayo. <b>Contains dairy</b>	Fresh cheese or ham baguette. <b>With or without dairy spread</b>	Cheese omelette. <b>Contains dairy/eggs</b>
<i>Super Salads</i>	Selection of fresh salads with a choice of dressings available daily				
<i>Something Sweet</i>	Meringues with cream and fruit. <b>Contains dairy</b>	Apple pie and custard. <b>Contains dairy</b>	Butterscotch mousse. <b>Contains dairy</b>	Pineapple upside down cake with custard. <b>Contains dairy/egg</b>	Chef's healthy dessert.
<i>Yummy Yoghurt &amp; Fresh Fruit Finish</i>	A selection of fresh fruit and yoghurt is available daily. <b>Yoghurts contain dairy.</b>				

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Hot and Meaty</i>	Sweet and sour pork balls with basmati rice.	Lasagne, garlic bread and sweetcorn. <i>Contains dairy</i>	Roast gammon, roast potatoes and seasonal vegetables served with apple sauce.	Steak and ale pie with seasonal vegetables and mashed potatoes. <i>Contains dairy</i>	Beef burger in a bun with potato wedges and garden peas.
<i>Hot and Veggie</i>	Bean chilli and basmati rice.	Pasta with tomato sauce.	Vegetarian quiche <i>Contains dairy</i>	Vegetarian lasagne. <i>Contains dairy</i>	Veggie burger in a bun with potato wedges and garden peas.
<i>A Light Alternative</i>	Jacket potato, cheese and tuna with or without mayo. <i>Contains dairy</i>	Fresh cheese or ham baguette. <i>With or without dairy spread</i>	Jacket potato, cheese and tuna with or without mayo. <i>Contains dairy</i>	Fresh cheese or ham baguette. <i>With or without dairy spread</i>	Homemade soup with a bread roll. <i>Contains dairy.</i>
<i>Super Salads</i>	Selection of fresh salads with a choice of dressings available daily				
<i>Something Sweet</i>	Sponge with custard <i>Contains dairy/egg</i>	Baked apples and sultanas.	Frozen strawberry smoothie.	Peach crumble and custard. <i>Contains dairy</i>	Chef's healthy dessert.
<i>Yummy Yoghurt &amp; Fresh Fruit Finish</i>	A selection of fresh fruit and yoghurt is available daily. <i>Yoghurts contain dairy.</i>				

## Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Hot and Meaty</i>	Hunters chicken With new potatoes and fresh mix vegetables.	Sausages with onion gravy, baked beans, mashed potatoes and seasonal vegetables. <i>Contains dairy</i>	Roast beef with Yorkshire pudding, Roast potatoes and seasonal vegetables. <i>Contains dairy/egg</i>	Chicken fajitas served with all of the trimmings. <i>Sour cream contains dairy</i>	Fish and chips with garden peas.
<i>Hot and Veggie</i>	Gnocchi with mushrooms and blue cheese. <i>Contains dairy</i>	Veggie Sausages with mashed potatoes and baked beans. <i>Contains dairy</i>	Vegetarian quiche. <i>Contains dairy/egg</i>	Chicken fajitas served with all of the trimmings. <i>Sour cream contains dairy</i>	Macaroni cheese. <i>Contains dairy</i>
<i>A Light Alternative</i>	Fresh cheese or ham baguette. <i>With or without dairy spread</i>	Jacket potato, cheese and tuna with or without mayo. <i>Contains dairy</i>	Fresh cheese or ham baguette. <i>With or without dairy spread</i>	Jacket potato, cheese and tuna with or without mayo. <i>Contains dairy</i>	Homemade soup With a bread roll. <i>Contains dairy.</i>
<i>Super Salads</i>	Selection of fresh salads with a choice of dressings available daily				
<i>Something Sweet</i>	Apricot flapjack tart. <i>Contains dairy</i>	Shortbread. <i>Contains dairy</i>	Chef's healthy dessert.	Toffee Rice Krispie cake. <i>Contains dairy</i>	Bread and butter pudding. <i>Contains dairy/egg</i>
<i>Yummy Yoghurt &amp; Fresh Fruit Finish</i>	A selection of fresh fruit and yoghurt is available daily. <i>Yoghurts contain dairy.</i>				