

SEASONAL MENU

WEEK TWO

WC; 10/11, 1/12



Meat/Fish

MONDAY

Meat feast pizza with herby diced potatoes and sweetcorn. (G, M, So, May contain eggs)

TUESDAY

Cottage pie with mixed veg.

WEDNESDAY

Butchers pork sausage with roast new potatoes with rosemary, broccoli and gravy. May contain (G, Su)

THURSDAY

BBQ chicken with sunshine rice and carrots. (F, G, Mu)

FRIDAY

Salmon fish fingers with chips and peas. (F, G)
OR Chicken nuggets with chips and peas. (G, E)



Vegetarian

MONDAY

Cheese and tomato pizza with herby diced potatoes and sweetcorn. (G, M, So, may contain E)

TUESDAY

Vegetarian cottage pie (Quorn) with mixed veg. (M)

WEDNESDAY

Vegetarian sausage with roast new potatoes, broccoli and gravy. (E)

THURSDAY

Quorn fillet served with a BBQ sauce, sunshine rice and carrots. (G, So, Ce)

FRIDAY

Quorn sausages with chips and baked beans or peas. (G)



Combo

MONDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (D, E, F)

Wrap with fillings or grated cheese, ham or tuna mayo. Served with a side salad and chips. (G, F, E, D)

TUESDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Pasta with a choice of grated cheese or homemade tomato and basil sauce. (G, M)

Both served with a side salad

WEDNESDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. With side salad.

Wrap with a choice of fillings; Grated cheese, ham or tuna mayo. (G)

Served with a side salad and tortilla crisps. (May contain G, Se, So, C, M and Mu)

THURSDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. Served with a side salad. (M, E, F)

Baguettes with either, Grated cheese, ham or tuna mayo. (May contain G and Se)

Both served with a side salad

FRIDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Pasta with a choice of grated cheese or homemade tomato and basil sauce. (G, M)

Both served with a side salad



Salad

MONDAY

Salad bar

TUESDAY

Salad bar

WEDNESDAY

Salad bar

THURSDAY

Salad bar

FRIDAY

Salad bar



Pudding

MONDAY

Artic roll with chocolate sauce. (G, So, E, M).

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

WEDNESDAY

Berry crumble flapjacks. (G, E, Su)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

FRIDAY

Cherry shortbread. (G, Su)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

TUESDAY

Chocolate cake with chocolate sauce. (G, M, E, may contain So)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

THURSDAY

Lemon drizzle cake with custard. (G, M, E)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)



Menu meets school food plan nutritional standards

(V) Suitable for Vegetarians, (Ve) Suitable for Vegans Allergen key - Cereals containing Gluten (G), Molluscs (Mo), Peanuts (P), Eggs (E), Milk (M), Mustard (Mu), Sesame (Se), Crustaceans (Cr), Fish (F), Nuts (N), Soya (So), Celery (Ce), Lupin (Lu), Sulphur dioxide (Su) Jacket Potatoes and Freshly cooked pasta available daily Jacket potato fillings - Grated cheddar cheese (M), Tuna Mayonnaise (F,E), Baked Beans Pasta toppings - Tomato and vegetable sauce, Grated cheese (M) Fresh bread available daily (G,So) may also contain eggs and milk Fresh salads available daily which will always be allergen free.