



WEEK ONE

Weeks commencing: **Wed 2nd Sept**; 21st Sept; 12th Oct; 9th Nov; 30th Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken korma and rice with naan bread and vegetables (DGW)	Sausage pasta bake with vegetables (DGSW)	Roast gammon, yorkshire pudding, roast potatoes, vegetables and gravy (DEGW)	Warm crispy crumb chicken wrap with potato waffle and vegetables (DEGW)	Fish fingers with chips and vegetables (FGW)
	Quorn korma and rice with Naan Bread and vegetables (DEGW)	Quorn sausage pasta bake with vegetables (DGW)	Home-made cheese omelette, roast potatoes and vegetables (ED)	Warm crispy crumb quorn wrap with potato waffle and vegetables (DEGW)	Quorn vegan dippers with chips and vegetables (GW)
	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad
	Ham sandwich (wholemeal) with salad garnish (BGSW)	Ham sandwich (wholemeal) with salad garnish (BGSW)		Ham wrap with salad garnish (GW)	
	Cheese sandwich (wholemeal) with salad garnish (BDGSW)	Cheese sandwich (wholemeal) with salad garnish (BDGSW)		Cheese wrap with salad garnish (DGW)	
	Fairy cake (DE) or Fresh fruit or Fruit yoghurt (D)	Melting Moment biscuits (BDGW) or Fresh fruit or Fruit yoghurt (D)	Vanilla ice cream (D) or Fresh fruit or Fruit yoghurt (D)	Strawberry Jelly or Fresh fruit or Fruit yoghurt (D)	Date and cocoa brownie (DEGW) or Fresh fruit or Fruit yoghurt (D)

Allergens:
key to ingredients B - Barley; C - Celery; D - Dairy; E - Eggs; F - Fish; G - Gluten; M - Mustard; S - Soya; W - Wheat

WEEK TWO

Weeks commencing: 7th Sept; 28th Sept; 19th Oct; 16th Nov; 7th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken tikka masala with rice, vegetables and naan bread (DGW)	All day breakfast : Pork sausage, scrambled egg, hash brown and baked beans (EGSW)	Roast turkey, yorkshire pudding, roast potatoes, vegetables and gravy (DEGW)	Beef Burger with oven baked potato wedges and vegetables (DGWS)	Breaded fish goujons with chips and vegetables (FG)
	Quorn tikka masala with rice, vegetables and naan bread (DEGW)	All day breakfast : Quorn sausage, scrambled egg, hash brown and baked beans (DEGW)	Home-made macaroni cheese and vegetables (DGW)	Quorn Burger with oven baked potato wedges and vegetables (DGWS)	Vegetable nuggets with chips and vegetables (GW)
	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad
	Ham sandwich (wholemeal) with salad garnish (BGSW)	Ham sandwich (wholemeal) with salad garnish (BGSW)		Ham wrap with salad garnish (GW)	
	Cheese sandwich (wholemeal) with salad garnish (BDGSW)	Cheese sandwich (wholemeal) with salad garnish (BDGSW)		Cheese wrap with salad garnish (DGW)	
	Fairy cake (DEGW) or Fresh Fruit or Fruit yoghurt (D)	Oat, raisin and lemon biscuit (DEGS) or Fresh fruit or Fruit yoghurt (D)	Raspberry ripple mousse (D) or Fresh fruit or Fruit yoghurt (D)	Orange jelly or Fresh fruit or Fruit yoghurt (D)	Chocolate coconut crunch biscuit (DGW) or Fresh fruit or Fruit yoghurt (D)

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WEEK THREE

Weeks commencing: 14th Sept; 5th Oct; **Tues 3rd Nov**; 23rd Nov; 14th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
	Spaghetti Bolognese with vegetables (GW)	Pork sausage in a bread roll with seasoned crispy cubes and vegetables (GSW)	Roast chicken, yorkshire pudding, roast potatoes, vegetables and gravy (DEGW)	Breaded chicken burger, sweet potato wedges and vegetables (GW)	Salmon fish fingers with chips and vegetables (FGW)
	Quorn Bolognese with vegetables (BEGW)	Quorn sausage in a bread roll with seasoned crispy cubes and vegetables (GW)	Vegetarian sausage roll with roast potatoes and vegetables (BGSW)	Crispy crumbed vegetable burger, sweet potato wedges and vegetable (GW)	Cheese and tomato pizza with chips and vegetables (GWD)
	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad	Jacket potato with cheese (D) or beans or tuna mayonnaise (EF) and mixed salad
	Ham sandwich (wholemeal) with salad garnish (BGSW)	Ham sandwich (wholemeal) with salad garnish (BGSW)		Ham wrap with salad garnish (GW)	
	Cheese sandwich (wholemeal) with salad garnish (BDGSW)	Cheese sandwich (wholemeal) with salad garnish (BDGSW)		Cheese wrap with salad garnish (DGW)	
	Fairy cake (DEGW) or Fresh Fruit or Fruit yoghurt (D)	Home-made hobnob biscuits (BDGW) or Fresh Fruit or Fruit yoghurt (D)	Strawberry Iced smoothie or Fresh fruit or Fruit yoghurt (D)	Raspberry jelly or Fresh fruit or Fruit yoghurt (D)	Sprinkle sponge (DEGW) or Fresh fruit or Fruit yoghurt (D)

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