

4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 10th March, 31st March, 5th May WEEK ONE

MONDAY

Margherita Pizza (Cheese & Tomato) (V, EF) Oven Baked Jacket Potato

Cheese (V, GF, EF) or Baked Beans (VG, GF)

> Sweetcorn & **Baked Beans**

> > Flapjack (V, EF, DF) & Raisins

TUESDAY

Traditional Cottage Pie (GF, EF) Veggie

Cottage Pie (GF. EF)

Broccoli & Vegetable Medley

Fruit Salad

WEDNESDAY

Roast Loin of Pork (GF, DF, EF) Vegetarian Quorn Roast

Roast Potatoes & Yorkshire Pudding with Gravy

(V, GF)

Savoy Cabbage & Carrots

Natural Yoghurt with Fruit

THURSDAY

Chicken, Spinach & Tomato Pasta (EF, DF) Fruity Vegetable Curry

> & Rice (VG, GF)

Sweetcorn & Green Beans

Natural Yoghurt with Fruit

FRIDAY

Fish Fingers (DF, EF) Veggie Sausage Roll (V, EF)

> Chips or Pasta Peas & Baked Beans

Chocolate Sponge (V) with Pears

WEEK TWO

11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 17th March, 21st April, 12th May

MONDAY

Margherita Pizza (Cheese & Tomato) (V. EF) Oven Baked Jacket Potato

Cheese (V. GF. EF) or Baked Beans (VG, GF)

Peas & Baked Beans

Lemon Drizzle Cake (V, DF)

TUESDAY

Pork Sausages (EF) Veggie Sausage

Mashed Potatoes. Curly Cabbage & Vegetable Medley

Fruit

WEDNESDAY

Roast Chicken Breast (GF. DF. EF) Vegetarian Quorn Roast

Yorkshire Pudding, **Roast Potatoes** & Gravy Carrots & Cauliflower

> **Natural Yoghurt** with Fruit

THURSDAY

Mac 'n' Cheese (V, EF) Pizza Pinwheel & New Potatoes (V, EF)

> Peas & Green Beans

Natural Yoghurt with Fruit

FRIDAY

Flipper Dippers (DF. EF) Veggie Samosa's

French Fries or Pasta Baked Beans or Sweetcorn

Chocolate Shortbread with Melon

WEEK THREE 18th Nov, 9th Dec, 13th Jan, 3rd Feb, 3rd March, 24th March, 28th April, 19th May

MONDAY

Margherita Pizza (Cheese & Tomato) (EF, V) Oven Baked Jacket Potato with Cheese (V. GF. EF) or

Baked Beans (VG. GF) Sweetcorn & Baked Beans

> Sultana & Syrup Cookie (V. EF)

TUESDAY

Meatballs in a Rich Tomato Sauce (GF, DF, EF) Veggie Meatballs in a Rich Tomato Sauce (VG)

> Fluffy Rice, Carrots & Peas

> > Fruit Salad

WEDNESDAY

Roast British Gammon (GF, DF, EF) Vegetarian Quorn Roast (V, GF)

> Yorkshire Pudding, **Roast Potatoes** & Gravy

Cauliflower & Green Beans

Natural Yoghurt with Fruit

THURSDAY

Oriental Chicken Noodles (DF) Rustic Tomato Pasta Bake (EF, DF)

> Broccoli & Sweetcorn

Natural Yoghurt with Fruit

FRIDAY

Fish Fingers (DF, EF) Crispy Quorn Dippers (VG)

Chips or Pasta Peas & Baked Beans

> Strawberry Ice Cream (V, GF, EF)

Available daily - Natural yogurt, fresh fruit, fresh bread, salad bar and lots of fresh water!

Allergy advice - all our food is prepared in a kitchen where nuts, gluten and other ingredients are present and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. Any fish we serve will vary depending on availability.

