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|  | Monday | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main 1** | Macaroni Cheese*Macaroni pasta Canellini Beans, low fat crème fraiche, Black Pepper, and Mature Cheddar Cheese***WHEAT MILK**  | Ham & Cheese Pizza*Cheese, milk, Ham, chopped tomatoes, basil, garlic, herbs, wholemeal baguette base***MILK CEREAL WHEAT** | Beef Bolognaise Pasta Bake*Minced beef, onion, garlic, carrots, mixed herbs, chopped tomatoes, black pepper, cheese***WHEAT MILK**  | Roast chicken & stuffing *Roast Chicken, cooked in Gluten free Gravy with a stuffing ball.***CEREAL WHEAT****SOYA** | Fish finger Wrap*Baked fishfingers**Tortilla wrap***FISH WHEAT** |
| **Main 2** | Tomato & Cheese Pasta bake*Wholemeal pasta, chopped tomatoes, mixed herbs, garlic, onion, cheese***CEREAL WHEAT MILK** | Vegetable Pizza*Cheese, milk, chopped tomatoes, basil, garlic, mixed herbs, pepper, sweetcorn, onion, tomatoes, spinach.***MILK CHEESE** | Vegetable Bolognese Pasta Bake*Carrots, onion, peppers, lentils, garlic, mixed herbs, chopped tomatoes, black pepper, wholewheat pasta, cheese* ***CHEESE WHEAT MILK*** | Quorn Roast *Quorn Roast, served in gluten free gravy* **EGGS MILK CEREAL WHEAT****SOYA** | Salt & Vinegar Quorn Fillet*.* **WHEAT BARLEY CEREAL** |
| **Main 3** | Jacket Potato with CheeseJacket potato, cheese.**MILK** | Cheese Baguette*Wholemeal baguette, cheese,* ***CEREAL WHEAT MILK CHEESE*** |  Jacket Potato and Beans*Jacket Potato with low sugar and salt Baked Beans with salad lettuce, tomato, cucumber.* | Ham Baguette*Wholemeal baguette, ham****CEREAL WHEAT MILK*** | Jacket Potato and Cheese*Jacket Potato, cheese.* ***MILK*** |
| **Accompaniment 1** | Wholemeal bread | Raw Carrot Sticks | Cut green beans | Roast Potato***DAIRY, VEGAN, GLUTEN FREE*** | Potato Wedges |
| **Accompaniment 2** | Sweetcorn | Cucumber Sticks | Garlic Bread Wholemeal baguette, Garlic puree, chopped parsley**WHEAT** | Carrots | Salad*Lettuce, cucumber, tomato,*  |
| **Dessert 1** | Yogurt with melon*Low fat yogurt,**Melon/watermelon/gala***MILK** | Sultana FlapjackOats, margarine, syrup, sugar, sultanas, **CEREAL WHITE** | Raspberry jelly with custard*Raspberry jelly, cold custard.***MILK** | Pineapple and Greek Yoghurt*Pineapple, Greek yogurt***MILK** | Lemon Drizzle cake*Flour, sugar, eggs, margarine, lemon***WHEAT EGGS** |
| **Dessert 2** | FRESH FRUITFresh seasonal Fruit*Apple, Banana, Pear, orange, Plum* | FRESH FRUITFresh seasonal Fruit*Apple, Banana, Pear, orange, Plum* | FRESH FRUITFresh seasonal Fruit*Apple, Banana, Pear, orange, Plum* | FRESH FRUITFresh seasonal Fruit*Apple, Banana, Pear, orange, Plum* | FRESH FRUITFresh seasonal Fruit*Apple, Banana, Pear, orange, Plum* |

**Week 1 Allergy Information**



Allergens in **bold**



**Week 2 Allergy Information**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main 1** | Quorn Sausage Pasta Bake*Vegan Savoury Sausages cooked with pasta and tomato sauce .* ***Gluten Free*** *Onion Gravy. Onion. Mixed herbs.* **WHEAT SOYA CEREAL** | **Chicken Fillet Bites** *Chicken Breast chunks oven baked in a crispy batter***WHEAT CEREAL** | **Mild Chicken Korma***Diced chicken breast, peppers, onion, carrots, cauliflower, broccoli, cut green beans, korma sauce***MILK GF** | Roast Beef & Yorkshire Pudding Gravy*Roast beef cooked in Gluten free Gravy with Yorkshire pudding***SOYA MILK WHEAT** | Square Fish Fillet*Alaska pollock fillet* ***FISH*** *coated in* ***BREADCRUMB*****FISH CEREAL WHEAT** |
| **Main 2** | Vegetable CrumbleFlour, wheat, cheese, milk, mixed vegetables, crème fraiche (low fat) ground flour**WHEAT MILK** | **Vegetable Nuggets***Vegetables formed in a crisp breadcrumb nugget, carrot, sweetcorn, green beans, potato, cauliflower***CEREAL WHEAT** | **Mild Vegetable Korma***Mixed veg, peppers, onion, carrots, cauliflower, broccoli, cut green beans, korma sauce* **MILK GF** | Quorn Roast *Quorn Roast, served in gluten free gravy.***MILK WHEAT SOYA** | **Vegetable Quiche*****EGG*** *cheese,* ***MILK****, butternut squash, mixed peppers, red onion tomato. Pastry* ***WHEAT*** |
| **Main 3** | Jacket Potato with CheeseJacket potato, cheese.**MILK**  | Ham Baguette and Salad*Wholemeal Baguette with Ham and Salad**Lettuce/Cucumber/Tomato***WHEAT** | Jacket Potato with CheeseJacket potato, cheese.**MILK***.* | Cheese Baguette *Wholemeal baguette, cheese.***CEREAL WHEAT MILK** | Jacket Potato Tuna *Jacket Potato with Tuna and salad, lettuce, cucumber, tomato****FISH EGG*** |
| **Accompaniment 1** | Sweetcorn | Hash Browns*Baked potato hash browns.***GLUTEN & DAIRY FREE** | Green beans | Roast Potatoes***DAIRY, VEGAN, GLUTEN FREE***  | **Potato Wedges***Baked potato wedges.*  |
| **Accompaniment 2** | Wholemeal Bread | Baked Beans ( reduced sugar and salt)  | Wholegrain Rice | Carrots | Peas |
| **Dessert 1** | Yogurt with blueberries*Low fat yogurt, blueberries***MILK** | Jam Sponge & CustardMargarine, flour, sugar, eggs, strawberries **MILK CEREAL EGG** | Apple Oaty Crumble & Cream*Apples, flour, margarine, sugar, oats***MILK** | Greek Yogurt with Peaches*Greek yogurt, peaches***MILK** | Apricot Flapjack*Oats,* ***CEREAL, WHEAT****, margarine, black treacle, sugar, apricots, vanilla essence.*  |
| **Dessert 2** | Fresh seasonal Fruit*Apple, Banana, Pear, orange, Plum* | Fresh Seasonal Fruit*Apple, Banana, Pear, Orange, Plum* | Fresh Seasonal Fruit*Apple Banana, Pear, orange, Plum* | Fresh Seasonal FruitApple, Banana, Pear, Orange, Plum | Fresh Seasonal Fruit*Apple, Banana, Pear, Orange, Plum* |

Allergens in **bold**

 

**Week 3 Allergy Information**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main 1** | No Meat Meatballs In Tomato Sauce*Rice, veg, tomatoes.* **WHEAT SOYA CEREAL** | Lincolnshire Sausage in Gravy*Lincolnshire sausage cooked in gravy and onions***CEREAL WHEAT, GF** | Garlic Chicken*Chicken marinated in garlic.***CEREAL WHEAT** | Roast Gammon *Gammon in gravy***SOYA** | Salmon Fishcake *Baked salmon fishcake***FISH CEREAL WHEAT**  |
| **Main 2** | Vegetable Risotto*Mixed vegetables, carrots, peas, cut beans, sweetcorn, risotto rice, vegetable stock,* **EGG WHEAT MILK CEREAL** | Vegetable Sausages*Vegi sausage (mixed veg) cooked in gravy.***WHEAT SOYA**  | Quorn pieces with garlic**GLUTEN FREE** | Cheesy leek & potato pie*Potato leek cheese pastry crème fraiche margarine, ground flour****WHEAT, MILK*** | Vegetable Risotto*Rice onion mixed veg garlic, stock.* |
| **Main 3** | Cheese Baguette *Wholemeal baguette, cheese.***CEREAL WHEAT MILK** | Jacket Potato and Beans*Jacket Potato with low sugar and salt Baked Beans*  | Ham Baguette *Wholemeal Baguette with Ham* **WHEAT** | Jacket Potato with CheeseJacket potato, cheese.**MILK** |  Jacket Potato with CheeseJacket potato, cheese.**MILK**  |
| **Accompaniment 1** | Wholemeal Pasta | Mashed PotatoesMashed Potato, milk**MILK** | Egg Noodles**WHEAT EGG CEREAL SOYA** | Roast PotatoesRoasted Potatoes***DAIRY, VEGAN, GLUTEN FREE*** | Wholemeal Rice |
| **Accompaniment 2** | Sweetcorn | Peas | Sweetcorn & Tomato sauce sachet | Carrots | Green Beans |
| **Dessert 1** | Yogurt Pot and Mandarin Orange*Fat free Yogurt pot with mandarins.***MILK**  | Iced Apple Sponge*Apples, lemons, margarine, sugar, eggs, flour,milk***WHEAT EGG MILK** | Greek Yogurt with Pineapple Greek yogurt, pineapple, ,**MILK**  | Raspberry jelly & custardRaspberry flavoured jelly and cold custard**MILK VEGETARIAN FREE** | Chocolate sponge & chocolate custardMargarine, flour, sugar, eggs, cocoa**MILK CEREAL EGG**  |
| **Dessert 2** | Seasonal Fruit*Apple/Pear/Orange/Plum/Banana* | Seasonal Fruit*Apple/Pear/Orange/Plum/Banana* | Seasonal Fruit*Apple/ Pear/Orange/Plum/Banana* | Seasonal Fruit*Apple/Pear/Orange/Plum/Banana* | Seasonal FruitApple/ Pear/Orange/Plum/Orange/Banana |

Allergens in **bold**