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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 Cheese  Jacket 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 Flapjack  Oats, 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 FRUIT  Fresh seasonal Fruit  *Apple, Banana, Pear, orange, Plum* | FRESH FRUIT  Fresh seasonal Fruit  *Apple, Banana, Pear, orange, Plum* | FRESH FRUIT  Fresh seasonal Fruit  *Apple, Banana, Pear, orange, Plum* | FRESH FRUIT  Fresh seasonal Fruit  *Apple, Banana, Pear, orange, Plum* | FRESH FRUIT  Fresh 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 Crumble  Flour, 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 Cheese  Jacket potato, cheese.  **MILK** | Ham Baguette and Salad  *Wholemeal Baguette with Ham and Salad*  *Lettuce/Cucumber/Tomato*  **WHEAT** | Jacket Potato with Cheese  Jacket 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 & Custard  Margarine, 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 Fruit  Apple, Banana, Pear, Orange, Plum | Fresh Seasonal Fruit  *Apple, Banana, Pear, Orange, Plum* |

Allergens in **bold**

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**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 Cheese  Jacket potato, cheese.  **MILK** | Jacket Potato with Cheese  Jacket potato, cheese.  **MILK** |
| **Accompaniment 1** | Wholemeal Pasta | Mashed Potatoes  Mashed Potato, milk  **MILK** | Egg Noodles  **WHEAT EGG CEREAL SOYA** | Roast Potatoes  Roasted 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 & custard  Raspberry flavoured jelly and cold custard  **MILK VEGETARIAN FREE** | Chocolate sponge & chocolate custard  Margarine, 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 Fruit  Apple/ Pear/Orange/Plum/Orange/Banana |

Allergens in **bold**