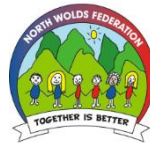




Week 1 Menu – January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Quorn Cottage pie with gravy Quorn mince, carrot, peas, cut green beans, broad beans, sweetcorn, onion, chopped toms, GF gravy, potato top EGGS, CEREAL, BARLEY, WHEAT, SOYA.	Chicken Fillet Bites Chicken breast chunks oven baked in crispy batter WHEAT, CEREAL.	Beef Bolognaise wholemeal pasta bake Minced beef, wholemeal pasta, chopped toms, garlic, carrots, cheese. WHEAT, MILK.	Roast Chicken in gravy with Stuffing Roast chicken cooked in GF gravy with sage and onion stuffing. WHEAT, SOYA, CEREAL.	Fish Square White fish fillet baked in breadcrumbs. FISH, MUSTARD, CEREAL, WHEAT.
Main 2	Tomato, Basil and Bean Pasta Bake Wholemeal pasta, chopped toms, basil, cannelloni beans, garlic, cheese. WHEAT, MILK	Vegetable Bites Vegetables formed in a crisp breadcrumb nugget. Carrot, sweetcorn, green beans, potato, cauliflower. WHEAT, CEREAL.	Vegetarian Bolognaise pasta Bake Carrots, onion, peppers, chopped toms, garlic, wholemeal pasta, cheese. WHEAT, MILK.	Quorn Roast in gravy with Stuffing Quorn roast coked in GF gravy with sage and onion stuffing. EGGS, MILK, WHEAT, SOYA, CEREAL.	Salt and Vinegar Quorn Fishless Fillet Vegan plant based fillet coated in a salt and vinegar batter, oven baked. CEREAL, WHEAT, BARLEY, SOYA
Main 3	Jacket potato with cheese and salad Jacket potato with cheese lettuce and cucumber. MILK	Baguette with Ham and salad Wholemeal baguette with ham, lettuce, cucumber, tomato. CEREAL WHEAT	Jacket Potato with Tuna Mayonnaise and salad Jacket potato with tuna mayonnaise, lettuce, cucumber, tomato. EGG FISH	Baguette with Cheese and Salad Wholemeal baguette with cheese lettuce cucumber tomato. CEREAL, WHEAT, MILK	Jacket Potato with Baked Beans and Salad Jacket potato with low salt/sugar baked beans, lettuce, cucumber & tomato.
Accompaniment 1	Peas Steamed peas	Seasoned Wedges Oven baked GF	Wholemeal Bread WHEAT	Roast Potatoes GF	Chipped Potatoes Oven baked
Accompaniment 2	Broccoli Steamed broccoli	Baked Beans Low sugar/salt baked beans	Sweetcorn Steamed sweetcorn	Carrots Steamed carrots	Peas Steamed peas
Dessert 1	Yogurt pot with peaches Fat free yoghurt pot with peaches. MILK	Apple Crumble with cream Apples, sugar, wholegrain flour, margarine, oats, cream. CEREAL, WHEAT, MILK.	Greek yogurt with Pineapple Greek yoghurt with pineapple. MILK	Sultana Flapjack Oats, sultanas, margarine, golden syrup, sugar CEREAL WHEAT	Coco Sponge with chocolate custard Cocoa, flour, margarine, sugar, eggs, custard. MILK, WHEAT, EGGS.
Dessert 2	Fresh Seasonal fruit	Fresh Seasonal fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit



Week 2 Menu – January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Quorn Sausage and Bean Wholemeal Pasta Bake Quorn sausages, garlic, chopped toms, wholemeal pasta, cannelloni beans, cheese. WHEAT EGG BARLEY MILK	Cheese and Ham pizza on a wholemeal Baguette Wholemeal baguette, chopped toms, garlic, ham, cheese. CEREAL WHEAT MILK	Cheeseburger Oven baked beef burger with cheese slice in a bread bun. CEREAL, WHEAT, MILK	Roast Gammon in Gravy with Yorkshire Pudding Roast gammon cooked in gluten free gravy. SOYA EGGS WHEAT MILK CEREAL	Salmon Fishcake Oven baked salmon fishcake. FISH, CEREAL, WHEAT.
Main 2	Vegetable and Bean Risotto Wholemeal rice, cut green beans, sweetcorn, onion, garlic, veg stock GF.	Vegetable pizza on a wholemeal Baguette Wholemeal baguette, chopped toms, garlic, sweetcorn, onion, peppers, cheese. CEREAL, WHEAT, MILK	Veggie Burger Oven baked vegetable burger, mixed veg. SOYA WHEAT	Quorn Roast in Gravy with Yorkshire pudding Quorn roast in GF gravy with Yorkshire pudding. EGGS MILK SOYA WHEAT CEREAL	Vegetable and cheese crumble pie Mixed vegetables in a cheese sauce with a cheese crumble topping, wholemeal flour, margarine, cheese, crème fraiche. MILK, WHEAT CEREAL.
Main 3	Jacket Potato with Cheese and Salad Jacket potato with cheese, lettuce, cucumber, tomato. MILK	Cheese Baguette with Salad Wholemeal baguette with cheese and lettuce cucumber tomato. CEREAL WHEAT MILK	Jacket Potato Tuna Mayonnaise and Salad Jacket potato with tuna mayonnaise lettuce cucumber tomato. FISH EGG	Ham Baguette and Salad Wholemeal baguette with ham lettuce cucumber tomato CEREAL WHEAT	Jacket Potato and Baked Beans Jacket potato with low sugar and salt baked beans lettuce, cucumber, tomato
Accompaniment 1	Wholemeal Bread WHEAT	Seasoned wedges Oven baked GF	Carrot Sticks Raw carrot sticks	Roast Potatoes Roast oven baked potatoes GF	Lemon, garlic and mixed vegetable Rice Wholemeal rice cooked with garlic, lemon and mixed vegetables.
Accompaniment 2	Sweetcorn Steamed	Beans	Salad Lettuce, cucumber, tomato.	Carrots Steamed	Broccoli Steamed
Dessert 1	Yogurt Pot and Blueberries Fat free yoghurt and blueberries MILK	Apple Flapjack Oats, margarine, golden syrup, sugar, apples. CEREAL WHEAT	Raspberry Jelly and custard Raspberry flavoured jelly and cold custard MILK	Greek yogurt and Pineapple Greek yogurt, pineapple MILK	Lemon Drizzle cake Flour, sugar, eggs, margarine, lemon juice, icing sugar. WHEAT EGGS
Dessert 2	Fresh seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit



Week 3 Menu- January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Macaroni Cheese Macaroni pasta, low fat crème fraiche, mature cheddar cheese. WHEAT MILK	Sausages in Gravy Lincolnshire sausages x2 cooked in GF gravy SOYA CEREAL WHEAT	Mild Chicken Korma Diced chicken breast, onion, peppers, garlic, mild korma sauce. MILK MUSTARD	Roast Beef and Yorkshire Pudding Roast beef cooked in GF gravy with Yorkshire pudding. EGGS MILK CEREAL WHEAT SOYA	Jumbo fish finger with Tomato Sauce Sachet Baked jumbo fishfinger with tomato sauce sachet CEREAL WHEAT
Main 2	Roasted Vegetable and Bean Pasta Bake Wholemeal pasta, peppers, onions, mixed veg, mature cheddar cheese in tomato sauce. WHEAT MILK	Quorn Vegan Sausages in gravy Vegan quorn sausages x2 cooked in GF gravy WHEAT SOYA CEREAL	Mild Vegetable Korma Onions, peppers, mixed veg, garlic in a mild korma sauce. MILK MUSTARD	Quorn Roast and Yorkshire Pudding Quorn roast served in GF gravy with Yorkshire pudding EGGS WHEAT CEREAL MILK SOYA	Vegetable Sausage Baked vegetable sausage, mixed vegetables formed in a sausage shape. CEREAL WHEAT
Main 3	Cheese Baguette and Salad Wholemeal baguette with cheese lettuce tomato cucumber WHEAT MILK	Jacket Potato and Tuna Mayonnaise with Salad Jacket potato with tuna mayonnaise lettuce cucumber tomato FISH EGGS	Ham Baguette and Salad Wholemeal baguette with ham lettuce cucumber tomato WHEAT	Cheese Baguette and Salad Wholemeal baguette with cheese lettuce cucumber MILK WHEAT	Jacket Potato with Baked Beans and Salad Jacket potato with low sugar salt baked beans lettuce cucumber tomato
Accompaniment 1	Garlic Bread WHEAT DAIRY	Mashed Potatoes MILK	Brown Rice	Roast Potatoes G	Seasoned Wedges GF
Accompaniment 2	Sweetcorn Steamed	Peas Steamed	Green Beans Steamed	Carrots Steamed	Peas Steamed
Dessert 1	Yogurt Pot and Melon Fat free yogurt with fresh melon MILK	Raspberry Flavour Jelly and cold Custard MILK	Greek Yoghurt and Pineapple MILK	Blueberry Flapjack Oats, margarine, golden syrup, sugar, blueberries WHEAT	Apple crumble and custard Apples, oats, margarine, wholemeal flour, custard WHEAT CEREAL MILK
Dessert 2	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit