

## WEEK ONE

4 November  
25 November  
16 December  
20 January  
10 February  
10 March  
31 March



### MONDAY

Option One	<b>NEW</b> Tomato Pasta
Option Two	Mexican Fajitas with Rice
Option Three	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Vegetables of the Day
Dessert	Melting Moment Biscuit

### TUESDAY

Sausage with Mash and Gravy
<b>NEW</b> Creamy Curry with Rice
Jacket Potato with Cheese, Baked Beans or Salmon Mayonnaise
Vegetables of the Day
Blackberry and Apple Crumble with Custard



### WEDNESDAY

Roast Chicken with Roast Potatoes & Gravy
Vegetable Roast with Roast Potatoes & Gravy
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Vegetables of the Day
Jelly and Peaches



### THURSDAY

Beef Pasta Bake
<b>NEW</b> Baked Bean Hot Pot
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Vegetables of the Day
Winter Cake with Custard



### FRIDAY

Fish Fingers with Chips & Tomato Ketchup
Mexican Bean Roll with Chips & Tomato Ketchup
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Peas and Baked Beans
Chocolate Orange Cookie

## WEEK TWO

11 November  
2 December  
6 January  
27 January  
24 February  
17 March  
7 April

Option One	Cheese and Tomato Pizza With New Potatoes
Option Two	<b>NEW</b> Caribbean Stew with Rice
Option Three	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Vegetables of the Day
Dessert	Vanilla Shortbread

Meatballs in Tomato Sauce with Rice
<b>NEW</b> Cheesy Pasta with Garlic Bread
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Vegetables of the Day
Marble Cake with Chocolate Sauce

Roast Gammon with Roast Potatoes and Gravy
Vegan Sausage with Roast Potatoes & Gravy
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Vegetables of the Day
Fruit Medley

Chicken Tikka Masala with Rice
<b>NEW</b> Mild Mexican Chilli with Rice
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Vegetables of the Day
Peach Upside Down Cake with Custard

Fish Fingers with Chips & Tomato Ketchup
Cheese and Tomato Quiche with Chips & Tomato Ketchup
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Peas and Baked Beans
Oaty Cookie

## WEEK THREE

18 November  
9 December  
13 January  
3 February  
3 March  
24 March

Option One	Macaroni Cheese
Option Two	Vegan Plant Balls in Tomato Sauce with Rice
Option Three	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Vegetables of the Day
Dessert	Chocolate Brownie

<b>NEW</b> Cowboy Casserole
Cheese and Tomato Pizza With Potato Wedges
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Vegetables of the Day
Sticky Toffee Apple Crumble with Custard

Roast Turkey with Roast Potatoes and Gravy
Vegan Quorn with Roast Potatoes and Gravy
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Vegetables of the Day
Ice Cream

Spaghetti Bolognese with Garlic Dough Balls
Chinese Vegetable Curry with Rice
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Vegetables of the Day
Vanilla Cake with Chocolate Sauce

Breaded Fish with Chips & Tomato Ketchup
Cheese and Red Pepper Frittata with Chips & Tomato Ketchup
Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise
Peas and Baked Beans
Cinnamon Swirl with Apple Slices

### MENU KEY

Added Plant Power Wholemeal Vegan

**Available Daily:** Fresh Bread – Salad Selection – Fresh Fruit and Yoghurt

### ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.



**MONDAY**

**TUESDAY**



**WEDNESDAY**

**THURSDAY**



**FRIDAY**

**WEEK ONE**

4 November  
25 November  
16 December  
20 January  
10 February  
10 March  
31 March

Option One	<b>NEW</b> Tomato & Vegetable Pasta <b>V302</b>	Sausage <b>P3</b> with Mash <b>SD1</b> and Gravy <b>SD118</b>	Roast Chicken <b>C4</b> with Roast Potatoes <b>SD7, SD82</b> & Gravy <b>SD118</b>	Minced Beef Pasta Bake <b>B50</b>	Fish Fingers <b>F6</b> with Chips <b>SD5</b> & Tomato Sauce <b>SD14</b>
Option Two	Mexican Fajitas <b>V308</b> with Rice <b>SD84</b>	<b>NEW</b> Creamy Chickpea and Coconut Curry <b>V303</b> with Rice <b>SD84</b>	Vegetable Roast <b>V13</b> with Roast Potatoes <b>SD7, SD82</b> & Gravy <b>SD118</b>	<b>NEW</b> Baked Bean Hot Pot <b>V307</b>	Mexican Bean Roll <b>V161</b> with Chips <b>SD5</b> & Tomato Sauce <b>SD14</b>
Option Three	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> Baked Beans <b>SD22</b> or Salmon Mayonnaise <b>F32</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>
Vegetables	Carrots <b>SD28</b> , Green Beans <b>SD24</b>	Peas <b>SD18</b> , Broccoli <b>SD20</b>	Cauliflower <b>SD27</b> , Red Cabbage <b>SD23</b>	Broccoli <b>SD20</b> , Sweetcorn <b>SD19</b>	Peas <b>SD18</b> and Baked Beans <b>SD22</b>
Dessert	Melting Moment Biscuit <b>D231</b>	Blackberry and Apple Crumble <b>D74</b> with Custard <b>D2</b>	Jelly <b>D245</b> and Peaches <b>D166</b>	Carrot and Courgette Cake <b>D174</b> with Custard <b>D2</b>	Chocolate Orange Cookie <b>D230</b>

**WEEK TWO**

11 November  
2 December  
6 January  
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24 February  
17 March  
7 April

Option One	Cheese and Tomato Pizza <b>V231</b> With New Potatoes <b>SD2</b>	Meatballs <b>C104</b> in Tomato Sauce <b>V225</b> with Rice <b>SD84</b>	Roast Gammon <b>P5</b> with Roast Potatoes <b>SD7, SD82</b> and Gravy <b>SD118</b>	Chicken Tikka Masala <b>C45</b> with Rice <b>SD84</b>	Fish Fingers <b>F6</b> with Chips <b>SD5</b> & Tomato Sauce <b>SD14</b>
Option Two	<b>NEW</b> Caribbean Butterbean Stew <b>V306</b> with Rice <b>SD84</b>	<b>NEW</b> Cheese and Broccoli Pasta <b>V304</b> with Garlic Bread <b>SD50</b>	Vegan Sausage <b>V238</b> with Roast Potatoes <b>SD7, SD82</b> & Gravy <b>SD118</b>	<b>NEW</b> Mild Mexican Chilli <b>V309</b> with Rice <b>SD84</b>	Cheese and Tomato Quiche <b>V49</b> with Chips <b>SD5</b> & Tomato Sauce <b>SD14</b>
Option Three	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>
Vegetables	Butternut Squash <b>SD31</b> , Peas <b>SD18</b>	Green Beans <b>SD24</b> , Cauliflower <b>SD27</b>	Broccoli <b>SD20</b> , Sweetcorn <b>SD19</b>	Carrots <b>SD28</b> , Broccoli <b>SD27</b>	Peas <b>SD19</b> and Baked Beans <b>SD22</b>
Dessert	Vanilla Shortbread <b>D57</b>	Marble Sponge Cake <b>D199</b> with Chocolate Sauce <b>D3</b>	Fruit Medley <b>D224</b>	Peach Upside Down Cake <b>D176</b> with Custard <b>D2</b>	Oaty Cookie <b>D85</b>

**WEEK THREE**

18 November  
9 December  
13 January  
3 February  
3 March  
24 March

Option one	Macaroni Cheese <b>V11</b>	<b>NEW</b> Cowboy Casserole <b>P22</b>	Roast Turkey <b>T1</b> with Roast Potatoes <b>SD7, SD82</b> and Gravy <b>SD118</b>	Spaghetti <b>SD8</b> Bolognaise <b>B48</b> with Garlic Dough Balls <b>SD50</b>	Breaded Fish <b>F7</b> with Chips <b>SD5</b> & Tomato Sauce <b>SD14</b>
Option two	Plant Balls <b>V237</b> in Tomato Sauce <b>V225</b> with Rice <b>SD84</b>	Cheese and Tomato Pizza <b>V231</b> With Potato Wedges <b>SD6</b>	Vegan Quorn <b>V204</b> with Roast Potatoes <b>SD7, SD82</b> and Gravy <b>SD118</b>	Chinese Vegetable Curry <b>V212</b> with Rice <b>SD84</b>	Cheese and Red Pepper Frittata <b>V24</b> with Chips <b>SD5</b> & Tomato Sauce <b>SD14</b>
Option Three	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>	Jacket Potato <b>SD55</b> with Cheese <b>V85</b> , Baked Beans <b>SD22</b> or Tuna Mayonnaise <b>F11</b>
Vegetables	Carrots <b>SD28</b> , Peas <b>SD18</b>	Broccoli <b>SD20</b> , Sweetcorn <b>SD19</b>	Cauliflower <b>SD27</b> , Green Beans <b>SD24</b>	Broccoli <b>SD20</b> , Carrots <b>SD28</b>	Peas <b>SD18</b> and Baked Beans <b>SD22</b>
Dessert	Chocolate Beetroot Brownie <b>D169</b>	Sticky Toffee Apple Crumble <b>D243</b> with Custard <b>D2</b>	Ice Cream <b>D13</b>	Vanilla Sponge <b>D193</b> with Chocolate Sauce <b>D3</b>	Cinnamon Swirl <b>D244</b> with Apple Slices <b>D216</b>

**MENU KEY**



Added Plant Power



Wholemeal



Vegan

**Available Daily:** Fresh Bread – Salad Selection – Fresh Fruit and Yoghurt

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