

ALLERGENS indicated by number, as per Allergen Chart

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
LUNCH	Mrs Fleetwood's Pink Spaghetti 2, 7	Vegetable Curry with Basmati Rice 14	Haddock & Mushroom Parcel with New Potatoes and Peas 2, 5, 7	Quorn Lasagne with Green Salad 1, 2, 4, 7	Lamb Burgers with Chips and Diced Cucumber/Tomato mix 2, 10, 12, 13
VEGETARIAN OPTION			Baked Goats' Cheese & Red Pepper Parcel 2		Tomato Omelette with Chips 4, 7
PROTEIN	Cheese and Milk	Chick Peas, Creamed Coconut	Fish, Cheese	Egg, Cheese, Quorn	Lamb, Cannellini and Mixed Beans, Egg
CARBOHYDRATES	Pasta	Rice, Potatoes	Pastry, Potatoes	Pasta	Bread, Potatoes
VEGETABLES	Onions and Tomatoes	Onion, Carrot, Red Pepper, Green Pepper, Tomatoes and Peas	Mushroom, Peas, Red Pepper	Green Lettuce, Cucumber, Green Pepper, Tomatoes, Mushrooms	Onion, Mushrooms, Cucumber, Tomato
PUDDING	Fruit Platter	Lemon Meringue Pie 2, 4, 7	Fresh Strawberry Fruit Flan 2, 7	Natural Yoghurt with Raspberry Coulis 2	Chocolate Blancmange 7
ALTERNATIVE	Selection of fresh fruit or yogurt 7				
SNACK	Homemade Flapjacks 2, 7	Bagels with Ham & Cream Cheese 2, 7, 10, 12	Ice Cream Cones 7, 10	Homemade Scones and Jam 2, 7, 10	Spaghetti Hoops on Toast 2, 10, 12, 13
ALTERNATIVE	Selection of Fresh Fruit				

ALLERGENS indicated by number, as per Allergen Chart

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
LUNCH	Roasted Pepper Pasta with Grated Hard Cheese 2, 7, 10	Pork Sausages with Chips & Baked Beans 7	Jacket Potatoes with Homemade Coleslaw and Cheese 4, 7, 9	Tacos with Fresh Salad 2, 7, 13	Tuna Fish Pie with Croquette Potatoes & Peas 2, 4, 5, 7
VEGETARIAN OPTION		Vegetarian Sausages		Quorn	Cheese Omelette 2, 4, 7
PROTEIN	Cheese	Pork, Beans	Cheese	Quorn/ Beef & Cheese	Eggs, Tuna, Cheese
CARBOHYDRATES	Pasta	Potatoes	Potatoes	Taco Shell	Potatoes
VEGETABLES	Tomatoes, Onions, Red Peppers, Yellow Peppers	Leeks, Sweetcorn	Cabbage, Onions, Carrots	Lettuce, Cucumber, Tomatoes, Onion, Beetroot & Cress	Peas
PUDDING	Banana Custard 4, 7	Fresh Fruit Salad with Evaporated Milk 7	Ginger Cake with Vanilla Sauce 2, 4, 7	Strawberries & Kiwi with Shortbread Biscuits 2, 7	Fruit Trifle 2, 4, 7
ALTERNATIVE	Selection of Fresh Fruit or Yoghurt 7				
SNACK	Fruit Crumble with Ice Cream 2, 7	Homemade Pizza Slices 4, 7	Toasted Muffins with Spaghetti Hoops 2, 10, 12, 13	Carrot Cake 2, 4, 14	Veggie Pasta Bake 2, 7
ALTERNATIVE	Selection of Fresh Fruit				

ALLERGENS indicated by number, as per Allergen Chart

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
LUNCH	Spaghetti Campania with Garlic Bread 2, 7, 10	Mixed Bean Casserole with Brown Rice	Cheesy Quiche with Potato Salad and Petite Pois 2, 4, 7, 9, 10	Golden Herby Breaded Chicken, Mashed Potatoes, Green Beans and Gravy 1, 2, 4, 7	Bean Burger with Chips & Homemade Apple Coleslaw 2, 4, 12, 14
VEGETARIAN OPTION				Mushrooms & Grated Hard Cheese 7	
PROTEIN	Cheese	Butter Beans, Pinto Beans	Cheese, Eggs	Eggs, Chicken, Cheese	Cannellini and Mixed Beans
CARBOHYDRATES	Bread & Pasta	Rice	Potatoes	Potatoes	Potatoes
VEGETABLES	Onion, Carrot and Green Pepper	Red Pepper, Carrot, Onion and Peas	Peas	Green Beans	White Cabbage, Onion, Carrot
PUDDING	Peaches with Single Cream 7	Coconut Tartlets with Vanilla Ice Cream 2, 7, 14	Cheesecake with Fresh Strawberries 7, 10	Mixed Melon Platter	Syrup Sponge with Custard 2, 4, 7
ALTERNATIVE	Selection of Fresh Fruit or Yoghurt 7				
SNACK	Mixed Sandwiches with Carrot & Celery 1, 2, 4, 5, 12, 13	Cupcakes 2, 4, 7	Fruit Salad with Evaporated Milk 7	Choc Chip Rock Cakes 2, 4, 7, 10	Pasta Bows in Tomato & Pepper Sauce with Cheese 2, 7, 10
ALTERNATIVE	Selection of Fresh Fruit				

ALLERGENS indicated by number, as per Allergen Chart

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals, Yoghurts, Toast with Spreads 2, 7, 10, 13				
LUNCH	Cheese Ploughman's with Warm Baguettes 2, 7	Roast Vegetable & Hummus Pie with New Potatoes & Peas 2, 4, 7, 12, 14	Tuna & Sweetcorn Pasta Bake 2, 5, 7	Ratatouille with Jacket Potato 7	Fruity Pizza with Garlic Bread 2, 4, 7
VEGETARIAN OPTION			Vegetable Pasta Bake		
PROTEIN	Cheese	Chick Peas	Tuna, Cheese	Cheese	Mozzerella & Cheddar Cheese
CARBOHYDRATES	Bread	Pastry & Potatoes	Pasta	Potatoes	Pizza Dough
VEGETABLES	Cos Lettuce, Tomatoes, Beetroot, Cress & Cucumber	Onion, Broccoli, Sweetcorn, Courgettes, Red & Yellow Peppers	Sweetcorn, Courgette, Mushrooms, Onion, Pepper, Tomatoes	Onion, Peppers, Courgette, Tomatoes	Tomatoes, Onions, Sweetcorn
PUDDING	Mandarin Sponge & Custard 2, 4, 7	Lemon Biscuit Tart 2, 7	Apple Tart & Fresh Cream 2, 7	Fresh Fruit Salad with Ice Cream 7	Streusel Cake with Carnation Milk 2, 4, 7
ALTERNATIVE	Selection of Fresh Fruit or Yoghurt 7				
SNACK	Crumpets with Butter & Jam 2	Fish/Vegetable Fingers in Wholemeal Pitta Bread with Tomato Ketchup 2, 5	Vegetable Sticks & Dips	Oat Cookies with Fresh Melon 2, 4, 7, 14	Ham or Cheese Salad Wraps 2, 4, 7
ALTERNATIVE	Selection of Fresh Fruit				