



WEEK 1

MONDAY

Fish cakes, baby potatoes, garden peas

Vegetarian

Vegetable cakes, baby potatoes, garden peas

Allergens

Main: Fish, Gluten

Veg: Gluten, Sulphur Dioxide

TUESDAY

Vegetable Soup & Sandwiches

Vegetarian

Vegetable chilli, rice & sweetcorn

Allergens

Main: Celery, Sulphur Dioxide, **Gluten, milk, fish, eggs (sandwiches only)**

WEDNESDAY

Beef chilli, rice & sweetcorn

Vegetarian

Vegetable chilli, rice & sweetcorn

Allergens

Main: Celery

Veg: celery, sulphur dioxide

THURSDAY

Chicken & wholemeal pasta bake with broccoli

Vegetarian

Broccoli wholemeal pasta bake

Allergens

Main: Gluten, celery

Veg: Gluten, celery

FRIDAY

Five spice pork noodles with mixed vegetables

Vegetarian

Vegetable Five spice noodles

Allergens

Main: egg, gluten, soya, sulphur Dioxide

Veg: egg, gluten, soya, sulphur Dioxide



WEEK 2

MONDAY

Beef korma, brown rice, naan bread & sweetcorn

Vegetarian

Vegetable korma, brown rice, naan bread & sweetcorn

Allergens

Main: **Gluten/milk (naan only)** milk

Veg: **Gluten/milk (naan only)** milk

TUESDAY

Turkey mince, gravy, mash potato, mixed vegetables

Vegetarian

Quorn mince, gravy, mash potato, mixed vegetables

Allergens

Main: Celery

Veg: Celery, egg

WEDNESDAY

Mediterranean chicken wraps, sweet potato wedges & cucumber slices

Vegetarian

Mediterranean vegetable wraps, sweet potato wedges & cucumber slices

Allergens

Main: **gluten (wrap only)**

Veg: **gluten (wrap only)**

THURSDAY

Pork meatballs, tomato & pepper sauce, penne pasta, green beans

Vegetarian

Vegan meatballs, tomato & pepper sauce, penne pasta, green beans

Allergens

Main: egg, gluten

Veg: Gluten, soya, mustard, celery

FRIDAY

Haddock, cheese sauce, sauté potatoes, peas

Vegetarian

Cauliflower & broccoli mornay, sauté potatoes, peas

Allergens

Main: milk, fish, mustard

Veg: milk, mustard



WEEK 3

MONDAY

Chicken pie, puff pastry, carrots & sweet potato mash

Vegetarian

Vegetable pie, puff pastry, carrots & mash potato

Allergens

Main: **Gluten (pastry only)**

Veg: **Gluten (pastry only)**

TUESDAY

Macaroni cheese, peas

Vegetarian

Tomato & vegetable pasta

Allergens

Main: milk, gluten, mustard

Veg: gluten

WEDNESDAY

Tomato soup & sandwiches

Vegetarian

Tomato soup & sandwiches

Allergens

Main: celery **(Gluten, milk, fish, egg -sandwiches only)**

THURSDAY

Fish goujons, potatoes & broccoli

Vegetarian

Vegetable goujons, potatoes & broccoli

Allergens

Main: Fish, gluten

Veg: Gluten, Sulphur Dioxide

FRIDAY

Lasagne, garlic bread, green beans

Vegetarian

Vegetable Lasagne, garlic bread, green beans

Allergens

Main: Gluten, Sulphur Dioxide, milk, celery

Veg: Sulphur Dioxide, gluten, milk, celery



WEEK 4

MONDAY

Turkey Bolognese, whole meal penne pasta, carrots

Vegetarian

Vegetable Bolognese, whole meal penne pasta, carrots

Allergens

Main: Gluten, celery

Veg: Gluten celery

TUESDAY

Roast beef, skirlie, roast potatoes, peas

Vegetarian

Vegetable sausages, roast potatoes, peas

Allergens

Main: gluten

Veg: gluten

WEDNESDAY

Chicken & vegetable fricassee, rice with cauliflower

Vegetarian

Vegetable fricassee & rice with cauliflower

Allergens

Main: celery

Veg: celery

THURSDAY

Fish Crispy cod pieces, sauté potatoes, mixed vegetables

Vegetarian

Crispy cauliflower pieces sauté potatoes, mixed vegetables

Allergens

Main: Gluten, Fish

Veg: Gluten

FRIDAY

Tikka spiced chicken, brown rice, naan bread with green beans

Vegetarian

Tikka Vegetables, brown rice, naan bread with green beans

Allergens

Main: milk, **(gluten/milk in naan)**

Veg: milk **(gluten/milk in naan)**