

SEASONAL MENU

WEEK TWO

WC; 10/11, 1/12



Meat/Fish

MONDAY

BBQ chicken pizza with sunshine rice and mixed. (G, M, So, may contain eggs)

TUESDAY

Chicken pie, boiled potatoes and sweetcorn and carrots. (G, E)

WEDNESDAY

Butchers pork sausage with roasted potatoes, carrots, cabbage, Yorkshire and gravy. May contain (G, Su, M, E)

THURSDAY

Beef lasagna with cauliflower and broccoli. (G, M, may contain So, E and Mu)

FRIDAY

Fish fingers with chips, baked beans and peas. (F, G)



Vegetarian

MONDAY

Cheese and tomato pizza with sunshine rice and mixed veg. (G, M, So, may contain E)

TUESDAY

Macaroni cheese with carrots and sweetcorn. (G, M, Mu)

WEDNESDAY

Vegetarian sausage with roast potatoes, cabbage, carrots and gravy. (E, M)

THURSDAY

Roasted vegetable pasta bake with broccoli and cauliflower. (G, may contain So and Mu)

FRIDAY

Vegetable nuggets with chips and baked beans or peas. (G)

Tomato and basil quiche with chips and peas. (So, E, M)



Combo

MONDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (D, E, F)

Wrap with fillings or grated cheese, ham or tuna mayo. Served with a side salad and chips. (G, F, E, D)

TUESDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Pasta with a choice of grated cheese or homemade tomato and basil sauce. (G, M)

Both served with a side salad

WEDNESDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. With side salad.

Wrap with a choice of fillings; Grated cheese, ham or tuna mayo. (G)

Served with a side salad and tortilla crisps. (May contain G, Se, So, C, M and Mu)

THURSDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. Served with a side salad. (M, E, F)

Baguettes with either, Grated cheese, ham or tuna mayo. (May contain G and Se)

Both served with a side salad

FRIDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Pasta with a choice of grated cheese or homemade tomato and basil sauce. (G, M)

Both served with a side salad



Salad

MONDAY

Salad bar

TUESDAY

Salad bar

WEDNESDAY

Salad bar

THURSDAY

Salad bar

FRIDAY

Salad bar



Pudding

MONDAY

Raspberry yoghurt ice cream. (M)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

WEDNESDAY

Fresh fruit salad.

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

FRIDAY

Chocolate chip cookies. (G, So, E, M)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

TUESDAY

Chocolate cake with chocolate sauce. (G, M, E, may contain So)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

THURSDAY

Lemon drizzle cake. (G, E)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)



Menu meets school food plan nutritional standards

(V) Suitable for Vegetarians, (Ve) Suitable for Vegans Allergen key - Cereals containing Gluten (G), Molluscs (Mo), Peanuts (P), Eggs (E), Milk (M), Mustard (Mu), Sesame (Se), Crustaceans (Cr), Fish (F), Nuts (N), Soya (So), Celery (Ce), Lupin (Lu), Sulphur dioxide (Su) Jacket Potatoes and Freshly cooked pasta available daily Jacket potato fillings - Grated cheddar cheese (M), Tuna Mayonnaise (F,E), Baked Beans Pasta toppings - Tomato and vegetable sauce, Grated cheese (M) Fresh bread available daily (G,So) may also contain eggs and milk Fresh salads available daily which will always be allergen free.