



What's on the menu - week one?

Week Commencing – 25/4/22 – 16/5/22 – 6/6/22 – 27/6/22 – 18/7/22 – 5/9/22 – 26/9/22 – 17/10/22

Week One	Monday	Tuesday	Wednesday	Thursday	Friday								
Option 1	Braised Sausages GF (14) Creamed Potato (7) Seasonal Vegetables Gravy	Italian Chicken served With Pasta (2) in a Tomato and Basil sauce Seasonal Vegetables Crusty Bread (2,4,7)	Minced Beef pie with a Flaky Pastry Top (2,7) served with Creamed Potato (7) seasonal vegetables	Roast Turkey Roast Potatoes, Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	Wholemeal scampi (2,3) OR Battered Fish (2,5) Chips Peas / Beans Bread and Butter (2,4,7,13)								
Option 2	(Vegan) Vegetable Sausages (2) Creamed Potato (7) Seasonal Vegetables Gravy	(Vegan) Italian Vegetable Pasta(2) In a Tomato and Basil sauce Seasonal vegetables Crusty Bread (2,4,7)	(V) Cheese and Onion Pasty (2,7,9,13) Potato Twists (2) Seasonal Vegetables or Baked Beans	(V) Quorn Roast Fillet (4,7) Roast Potatoes, Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	(Vegan) Vegetable Nuggets (2) Chips Peas / Beans Bread and Butter (2,4,7,13)								
Option 3	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various fillings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)								
Dessert choice	Iced Orange Sponge and Custard (2, 4, 7,14)	Chocolate Cookie (2,4,7) Served with fresh Orange Wedges	Creamy rice Pudding (7,14) served with Summer Berries	Apricot Shortcake Finger (2,4,7) OR Assorted Angel Delight (7,14)	Schools Favourite Baked Delights (2,4,7,14)								
Assorted sandwiches and Jacket potatoes served with unlimited vegetables or salad to accompany the meals - Freshly prepared Salad Bar & Bread daily (2, 4, 7,13) Yoghurt (7) fruit Jellies and Fruit are available daily as a choice of dessert Fresh Water & Milk (7) to drink													
<u>GLUTEN FREE OPTIONS AVAILABLE DAILY</u>													
VEGETARIAN (V)													
FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS													
Allergens													
1 Celery	2 Cereals Containing Gluten	3. Crustaceans (such as prawns, crabs and lobsters)	4 Eggs	5 Fish	6 Lupin	7 Milk	8 Molluscs (such as mussels) and oysters	9 Mustard	10 Nuts	11 Peanuts	12 Sesame Seeds	13 Soya	14 Sulphur Dioxide and Sulphites

What's on the menu - week two?

Week Commencing – 2/5/22 – 23/5/22 – 13/6/22 – 4/7/22 – 25/7/22 – 12/9/22 – 3/10/22

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday								
Option 1	Cheese Pizza (2,7) Crispy Rosti Rounds Seasonal Vegetables Or Side Salad	Chicken Fajitas (2,4,9,14) Sunshine Rice and a Side Salad	ALL DAY BREAKFAST Bacon, Sausage (14) Egg omelette (4,7) Tomatoes and Beans Hash Brown	Roast Chicken Breast Creamed Potato (7) Roast Potatoes, Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	Fish (2,5) Chips Peas / Beans Bread and Butter (2,4,7,13)								
Option 2	Vegan Cornish Pizza Roll (2,14) Crispy Rosti rounds Seasonal Vegetables Or Side Salad	(V) Crispy Goujons Wrap (2,4,9,14) Sunshine rice And a Side Salad	VEGETARIAN ALL DAY BREAKFAST (V) Vegetable Sausages (2) Egg Omelette (4,7) Tomatoes and Beans Hash Brown	(V) Roast Quorn Fillet (4,7) Creamed Potato (7) Roast Potatoes Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	Vegan Sweetcorn Fritters Chips Peas / Baked Beans Bread and Butter (2,4,7,13)								
Option 3	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potato - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)								
Dessert choice	Chocolate Sponge (2,4,7) and Custard (7)	Iced Mandarin Muffins (2,4,7)	Fruity Flapjack (2) and Custard (7)	Ice Cream with Fresh Fruit (7)	Schools Favourite Baked Delights (2,4,7,14)								
Assorted sandwiches and Jacket potatoes served with unlimited vegetables or salad to accompany the meals - Freshly prepared Salad Bar & Bread daily (2, 4, 7, 13) Yoghurt (7) Fruit Jellies and Fruit are available daily as a choice of dessert Fresh Water & Milk(7) to drink													
<u>GLUTEN FREE OPTIONS AVAILABLE DAILY</u>													
VEGETARIAN (V) FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATION													
Allergens													
1 Celery	2 Cereals Containing Gluten	3. Crustaceans (such as prawns, crabs and lobsters)	4 Eggs	5 Fish	6 Lupin	7 Milk	8 Molluscs (such as mussels) and oysters	9 Mustard	10 Nuts	11 Peanuts	12 Sesame Seeds	13 Soya	14 Sulphur Dioxide and Sulphites

What's on the menu - week three?

Week Commencing – 9/5/22 – 20/6/22 – 11/7/22 – 19/9/22 – 10/10/22

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Sausage Roll (2,7,14) Potato Puffs Baked Beans Garden Peas	Roast Chicken Breast Parsley Potatoes Carrot Batons and Green Beans Gravy	Chilli Con Carne With Rice OR Pasta Bolognaise (2) Both served with Seasonal Vegetables and Garlic Bread (2,4,7)	Roast Beef or Turkey Roast Potatoes Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	Fish (2,5) OR Salmon Fishcake(2,5) Chips Peas and Beans Bread and Butter (2,4,7,13)
Option 2	(V) Vegetable, Cheese Bakes (2,7) Potato Puffs Baked Beans Garden Peas	(Vegan) Ratatouille Parsley Potatoes Carrot Batons Green Beans	(V) Vegetable Chilli With Rice OR Vegetable Pasta Bolognaise (2) Both served with Seasonal Vegetables and Garlic Bread (2,4,7)	(V) Roast Quorn Fillet (4,7) Roast Potatoes Yorkshire Pudding (2,4,7) Seasonal Vegetables Gravy	(Vegan) Fishless Finger (2) Chips Peas and Beans Bread and Butter (2,4,7,13)
Option 3	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)	Jacket Potatoes - Various Toppings (4,5,7,9) OR Assorted Sandwiches (2,4,5,7,9,13)
Dessert choice	Vanilla Cupcake (2,4,7) Served with Fresh Orange wedges	Toffee Apple Cake (2,4,7) Custard (7)	Chocolate and Date Rice Krispy Bun (2,4,7)	Ice Cream served with Fresh Fruit (7)	Schools Favourite Baked Delights (2,4,7,14)

Assorted sandwiches and Jacket potatoes all served with unlimited vegetables or salad to accompany the meals - Freshly prepared Salad Bar & Bread daily (2, 4, 7,13)
Yoghurt (7) and Fruit are available daily as a choice of dessert
Fresh Water & Milk (7) to drink

GLUTEN FREE OPTIONS AVAILABLE DAILY

VEGETARIAN (V)

FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS

Allergens

1	2	3.	4	5	6	7	8	9	10	11	12	13	14
Celery	Cereals Containing Gluten	Crustaceans (such as prawns, crabs and lobsters)	Eggs	Fish	Lupin	Milk	Molluscs (such as mussels) and oysters	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide and Sulphites

