

# WEEK 1 | MENU



MON

TUES

WED

THU

FRI

## MAIN MEAL

Baked penne pasta with a rich tomato sauce and cheese  
**(Mk,G)**

Classic beef burger served in a bun  
**(Su,Se,G,Ce)**

Pork sausages (Su,G)

Roasted chicken with sage and onion stuffing and gravy  
**(G,Su)**

Breaded cod fish fingers **(F,G)**



## VEGETARIAN

Vegetarian puff pastry sausage roll  
**(So,E,G)**

Veggie burger in bun  
**(E, Mk, G)**

Quorn sausages (E, G, Mk)

Roasted pepper, onion and cheddar wholemeal quiche  
**(Mk,E,G)**

Cheese and onion parcel  
**(Mk,E,G)**

## VEGGIES

Carrots

Oven baked chips  
Peas

Creamy mash (Mk)  
...  
Broccoli

Roast potatoes  
...  
Green beans

Oven baked chips  
...  
Garden peas

## PUDDING

Apple

Chocolate brownie  
**(G, Mk, E)**

Orange wedges

Lemon Drizzle Cake  
**(G, Mk, E)**

Mixed fruit salad



**BONFIRE NIGHT  
5TH NOVEMBER**



**NATIONAL COOKIE DAY  
3RD DECEMBER**



**I'M LOW IN SUGAR**



**I'M HALAL**

### ★ ALLERGENS ★

Ce = Celery      F = Fish      L = Lupin      Mu = Mustard      Se = Sesame Seeds  
Cr = Crustacean      G = Cereals      Mk = Milk      N = Nuts      So = Soya  
E = Eggs      containing Gluten      Mo = Molluscs      P = Peanuts      Su = Sulphur Dioxide

# WEEK 2 | MENU



MON

TUES

WED

THU

FRI

## MAIN MEAL

Macaroni Cheese  
Bake  
(G, Mk)

Baked chicken thighs

Pepperoni and  
mozzarella pizza  
(E,G,Mk)

Beef Bolognese  
with penne  
(G)

Battered fish fillet  
(F,G)



## VEGETARIAN

Five bean chilli  
(E,Ce,Su)  
With rice

Mild Quorn  
Rogan Josh  
(E)

Mozzarella & tomato  
Pizza  
(G, Mk, E)

Vegetarian  
Bolognese with  
penne  
(G, Mk, E)

Vegetable paella  
(G)

## VEGGIES

Carrots

Steamed rice  
...  
Sweetcorn

sweetcorn

Broccoli

Oven baked chips  
...  
Garden peas

## PUDDING

Apple

Carrot cake with  
orange frosting  
(G,E,Mk)

Pineapple slice

Flapjacks  
(Mk,G)

Watermelon slice



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