

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

Sugar free banana cake
(E,Mk,G)

Orange wedges

Sugar free orange and poppy seed drizzle cake
(Mk,C,G)

Melon slices



**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 containing Gluten N = Nuts So = Soya
E = Eggs 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

Sugar free spiced carrot cake with orange frosting
(G,E,Mk)

Pineapple slice

Sugar free banana flapjack
(G)

Watermelon slice



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5TH NOVEMBER



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Cr = Crustacean G = Cereals Mk = Milk N = Nuts So = Soya
E = Eggs containing Gluten Mo = Molluscs P = Peanuts Su = Sulphur Dioxide