



WEEK 1 | MENU



MON

TUES

WED

THU

FRI

Optional meat free day

MAIN MEAL

Penne pasta with a rich tomato sauce and cheese (Mk,G)

Farm assured pork sausage with gravy (Su,Mk,E,G)

Roast beef with Yorkshire pudding and gravy (Mk,E,G)

Cajun chicken in a peri peri sauce (Mu,G)

MSC cod baked fish fingers served with lemon and homemade tartare sauce (Mu,Mk,F,E,G)

VEGETARIAN

Mild Quorn Rogan Josh (E)

Vegetarian sausage with gravy (So,G)

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

Baked gnocchi in a tomato and pepper sauce (Mk,E,G)

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



VEGGIES

Steamed rice
...
Carrots
...
Peas

Creamy mash potato (Mk)
...
Cauliflower
...
Steamed green beans

Fluffy roasted potatoes
...
Steamed broccoli
...
Roasted root vegetables

Cous cous (G)
...
Courgettes
...
Sweetcorn

Baked oven chips
...
Baked beans
...
Peas

PUDDING

Steamed jam sponge with custard (Mk,E,G)

Autumn fruit cobbler (Mk,G)

Fruit jelly pot

Chocolate and vanilla marble cake (Mk,E,G)

Fresh fruit salad

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.



CHINESE DAY
24TH JANUARY



PANCAKE DAY
25TH FEBRUARY



WORLD BOOK DAY
5TH MARCH



ST. GEORGE'S DAY
23RD APRIL



LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!

★ ALLERGENS ★

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



WEEK 2 | MENU



MON

TUES

WED

THU

FRI

Optional meat free day

MAIN MEAL

Quorn and vegetable sweet chilli noodles (E,G)

Italian beef bolognese with spaghetti (G)

Roast Norfolk turkey with sage and onion stuffing (Mk,E,G)

Italian fresh dough pizza topped with pepperoni and mozzarella (E,G,Mk)

Battered Pollock fillet with tartare sauce and lemon wedge (F,G,Mu,Mk,E)

VEGETARIAN

Tarka Dahl with Spinach and lentils (Mk)



Vegetarian mince bolognese (E,G)

Spanish frittata with onion, spinach and cheddar (Mk,E)

Cheese and tomato Margarita pizza (Mk,G,E)

Mixed bean and vegetable burrito (Mu,Mk,G)

VEGGIES

Wholegrain rice ...
Steamed carrots ...
Roasted spiced cauliflower (Mu)

Spaghetti (G) ...
Garden peas ...
Sauté leeks

Fluffy roasted potatoes ...
Carrots ...
Green beans

Broccoli ...
Sweetcorn

Homemade wedges ...
Garden peas ...
Baked beans

PUDDING

Jalousie tart with mincemeat (Mk,G)

Pear and chocolate sponge with chocolate sauce (Mk,E,G)

Warm sultana flapjack (Mk,G)

Fruit jelly pot

Fresh fruit salad

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.



CHINESE DAY 24TH JANUARY



PANCAKE DAY 25TH FEBRUARY



WORLD BOOK DAY 5TH MARCH



ST. GEORGE'S DAY 23RD APRIL



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WEEK 3 | MENU



MON

TUES

WED

THU

FRI

Optional meat free day

MAIN MEAL

Macaroni cheese with
crispy topping
(So,Mk,G)

Creamy chicken and
sweetcorn pie with puff
pastry top
(Mk,G)

Roast Herefordshire pork
with apple
sauce and gravy
(G)

Farm assured Italian beef
lasagne
(Mk,G,E)

MSC cod baked fish fingers
served with lemon and
homemade tartare sauce
(Mu,Mk,F,E,G)

VEGETARIAN

Roasted vegetable
filo tart
(Mk,E,G)

Vegetarian mince pie with
puff pastry
(So,Mk,E,G,Ce)

Tomato and basil risotto
(E,Mk)



Vegetarian lasagne
(Mk,E,G)

Veggie burger with relish
and sauces
(Su,So,Se,Mu,Mk,G)

VEGGIES

Green beans
...
Roasted
butternut squash

Steamed new potatoes
...
Buttered sweetcorn
(Mk)
...
Sauté leeks

Fluffy roasted potatoes
...
Roasted parsnips
and swede
...
Steamed broccoli

Garlic bread
(So,Mk,G)
...
Steamed carrots
...
Mixed tossed salad

Baked oven chips
...
Baked beans
...
Garden peas

PUDDING

Pineapple upside
down cake
(Su,Mk,E,G)

Jam roly poly
and custard
(So,Mk,E,G)

Fruit jelly pot

Golden syrup sponge and
custard
(Mk,E,G)

Fresh fruit salad

Salad bar, jacket potatoes, fresh bread, and a selection of homemade cold desserts, yoghurts and fresh fruit every day.



CHINESE DAY
24TH JANUARY



PANCAKE DAY
25TH FEBRUARY



WORLD BOOK DAY
5TH MARCH



ST. GEORGE'S DAY
23RD APRIL



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ON OUR MENUS FOR A
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