

MONDAY 06/01 17/02 30/03	TUESDAY 07/01 18/02 31/03	WEDNESDAY 08/01 19/02 01/04	THURSDAY 09/01 20/02 02/04	FRIDAY 10/01 21/02 03/04
BEEF BOLOGNAISE PASTA BAKE	BBQ CHICKEN (GF) (H)	ROAST GAMMON (GF)	JACKET POTATOES (GF) (V)	BATTERED HADDOCK
GLUTEN FREE PASTA ON REQUEST (GF)		HALAL ROAST CHICKEN (GF) (H)	CHEESE (GF) (V)	GLUTEN FREE FISH ON REQUEST (GF)
VEGETABLE BOLOGNAISE PASTA BAKE (V)	VEGETABLE CHICKPEA CURRY (V)	VEGETABLE PASTY (V)	TUNA MAYONNAISE (GF)	VEGETABLE SAMOSAS (V)
GARLIC BREAD	STEAMED BASMATI RICE	ROAST POTATOES		OVEN BAKED CHIPS
FARMHOUSE VEGETABLES	SWEETCORN	CABBAGE BABY CARROTS	BAKED BEANS	PEAS BAKED BEANS

MONDAY 13/01 24/02	TUESDAY 14/01 25/02	WEDNESDAY 15/01 26/02	THURSDAY 16/01 27/02	FRIDAY 17/01 28/02
PORK SAUSAGES	COTTAGE PIE (GF)	ROAST BEEF (GF) YORKSHIRE PUDDING	CHICKEN KORMA (GF) (H)	BREADED COD GOUJONS
HALAL GLUTEN FREE CHICKEN SAUSAGES (GF) (H)				GLUTEN FREE FISH ON REQUEST (GF)
LINDA McCARTNEY SAUSAGES (V)	VEGETABLE BURGERS (V)	SWEET SOUR VEGETABLE NOODLES (V)	TOMATO VEGETABLE BASIL PASTA (V)	STUFFED PEPPERS (V)
CREAMED POTATOES	DICED HERB POTATOES	ROAST POTATOES	STEAMED RICE	OVEN BAKED CHIPS
MIXED VEGETABLES	CAULIFLOWER & BROCCOLI	SWEDE & CARROTS GREEN BEANS	FARMHOUSE VEGETABLES	SWEETCORN SPAGHETTI HOOPS

MEAT FREE MONDAY 20/01 02/03	TUESDAY 21/01 03/03	WEDNESDAY 22/01 04/03	THURSDAY 23/01 05/03	FRIDAY 24/01 06/03
	BEEF CANNELONI	ROAST TURKEY (GF)	PASTA CARBONARA	BREADED COD
BASIL PESTO PASTA & CHICKPEAS (V)	GLUTEN FREE PASTA ON REQUEST (GF)		HALAL CHICKEN RISSOTO (GF) (H)	GLUTEN FREE FISH ON REQUEST (GF)
GLUTEN FREE PASTA ON REQUEST (GF)	QUORN BALLS IN TOMATO SAUCE & PASTA (V)	VEGETABLE BIRIYANI (GF) (V)	MEXICAN BEAN STEW & NACHOS (V)	SPANISH OMLETTE (GF) (V)
GARLIC BREAD		ROAST POTATOES	RICE	OVEN BAKED CHIPS
FARMHOUSE VEGETABLES	GREEN BEANS CAULIFLOWER	CARROTS CABBAGE	SWEETCORN	PEAS BAKED BEANS

MONDAY 27/01 09/03	TUESDAY 28/01 10/03	WEDNESDAY 29/01 11/03	THURSDAY 30/01 12/03	FRIDAY 31/01 13/03
PORK TOAD IN THE HOLE	MILD CHILLI CONCARNE (GF)	ROAST CHICKEN (GF) (H)	BEEF BURGERS IN A BAP	CRISPY BATTER COD
HALAL CHICKEN SAUSAGES GLUTEN FREE (GF) (H)	CHEESE (GF)		HALAL GLUTEN FREE CHICKEN BURGERS (GF) (H) (NO GF BAP PROVIDED)	GLUTEN FREE FISH ON REQUEST (GF)
LINDA McCARTNEY SAUSAGE TOAD (V)	JACKET POTATOES (V)	QUORN & VEGETABLE POTATO PIE (V)	LINDA McCARTNY VEG BURGERS (V)	SQUASH PEPPER RISSOTO (GF) (V)
MASHED POTATOES GRAVY		ROAST POTATOES	DICED HERB POTATOES	OVEN BAKED CHIPS
MIXED VEGETABLES	BAKED BEANS	CARROTS BROCCOLI	PEAS	SWEETCORN SPAGHETTI HOOPS

MONDAY 03/02 16/03	TUESDAY 04/02 17/03	WEDNESDAY 05/02 18/03	THURSDAY 06/02 19/03	FRIDAY 07/02 20/03
ITALIAN BEEF MEATBALLS IN TOMATO SAUCE	CHICKEN NUGGETS (H)	ROAST GAMMON (GF)	SAUSAGEMEAT PLAT	BREADED HADDOCK
HALAL CHICKEN MEATBALLS (GF) (H)	SWEET SOUR SAUCE SEPERATE		HALAL CHICKEN PAELLA (GF) (H)	GLUTEN FREE FISH ON REQUEST (GF)
QUORN MEATBALLS IN TOMATO SAUCE (V)	LINDA McCARTNY VEGETABLE NUGGETS (V)	CHICKPEA, SPINACH & MUSHROOM CARBONARA (V)	THAI VEGETABLE CURRY & RICE (GF) (V)	VEGETABLE TAGINE (GF) (V)
RICE	HASH BROWNS	ROAST POTATOES	CROQUETTE POTATOES	OVEN BAKED CHIPS
MIXED VEGETABLES	SWEETCORN	FARMHOUSE VEGETABLE MEDLEY	CABBAGE BROCCOLI	PEAS BAKED BEANS

MONDAY 10/02 23/03	TUESDAY 11/02 24/03	WEDNESDAY 12/02 25/03	THURSDAY 13/02 26/03	FRIDAY 14/02 27/03
CHICKEN TIKKA MASALA (GF)	BEEF STROGANOFF CASSEROLE (GF)	ROAST CHICKEN (GF) (H)	MINCE BEEF & POTATO PIE (GF)	CRISPY COD GOUJONS
				GLUTEN FREE FISH ON REQUEST (GF)
VEGETABLE BEANS CASSEROLE (GF) (V)	CHEESE TORTELLINI IN TOMATO SAUCE (V)	CAULIFLOWER & BROCCOLI MORNAY (V)	MACARONI CHEESE (V)	VEGETABLE QUICHE (V)
STEAMED RICE NAAN BREAD	HASH BROWN NUGGETS	ROAST POTATOES	HERB DICE POTATOES	OVEN BAKED CHIPS
CARROTS & SWEDE	MIXED VEGETABLES	PEAS CARROT BATONS	GREEN BEANS BROCCOLI	MIXED VEGTABLES SPAGHETTI HOOPS

KEY (GF) GLUTEN FREE (H) HALAL (V) VEGETARIAN

1. **Halal.** We replace the meat option with a chicken halal option wherever possible and this is noted on the menu. On days when a halal chicken dish is not on the menu we provide a vegetarian, jacket potato or sandwich choice. Please advise us at least 48 hours in advance of your requirements in order that we can ensure that you have sufficient. Changes on the day cannot be guaranteed.
2. All information regarding the 14 known allergens will be supplied with the menu cycle.