

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Beef Burger in Wholemeal Bap with Tomato Ketchup	Salmon and Sweet Chilli Noodles	Roast Beef & Gravy	Pasta Bolognese	Mini Battered Fish Fillet
Option 2	Sweet Potato and Lentil Curry with Rice	Macaroni Cheese	Tomato Tumble	Cheese Wheel and Pasta	Vegetable Fingers
Served with	Wedges, Baked Beans or Sweetcorn	Crusty Bread, Carrots and Peas	Roast or Mashed Potato, Green Beans and Carrots	Roasted Vegetables	Chips, Pasta, Peas or Baked Beans
and for Pudding	Fruity Flap Jack	Devonshire Apple Cake	Fresh Fruit Platter	Sticky Chocolate Cake	Shortbread Biscuit
Jacket Potato	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Available Each Day	Fresh Bread & Salad with a main meal. Fresh Fruit & Yoghurts are available as alternative puddings.				
Week starting:	02/11/20 23/11/20 14/12/20 18/01/21 08/02/21 08/03/21 29/03/21				

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Pork Meatballs in Tomato Sauce	Cheese & Tomato Pizza	Roast Chicken & Stuffing with Gravy	Breakfast Brunch	Fish Fingers
Option 2	Cauliflower and Broccoli Cheesy Bake	Veggie Chilli and Rice	Veggie Roast and Gravy	Veggie Burger and Wedges	Quorn Nuggets
Served with	Farmhouse Veg and Wholemeal Pasta	Wedges, Beans or Sweetcorn	Roast or Mashed Potato, Cabbage and Carrots	Baked Beans, Grilled Tomatoes and Mushrooms	Chips, Pasta, Peas or Baked Beans
and for Pudding	Cherry shortcake	Fresh Fruit Platter	Organic Pip Ice Lolly	Vanilla Cup Cake	Chocolate & Date Cookie
Jacket Potato	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Available Each Day	Fresh Bread & Salad with a main meal. Fresh Fruit & Yoghurts are available as alternative puddings.				
Week starting:	09/11/20 30/11/20 04/01/21 25/01/21 22/02/21 15/03/21				

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	West Country Sausage with Gravy or Tomato Ketchup	Lasagne	Roast Pork, Apple Sauce and Gravy	Hunters Chicken and Rice	Mini Battered Fish Fillet
Option 2	Vegetable Lasagne	Veggie Sausage Roll and Wholemeal Pasta	Lentil Loaf and Gravy	Cheesy Pizza Muffin and Wedges	Quorn Sticky Sausages
Served with	Mashed Potato, Baked Beans or Sweetcorn	Peas and Green Beans	Roast or Mashed Potato, Cauliflower and Carrots	Broccoli and Sweetcorn	Chips, Pasta, Peas or Baked Beans
and for Pudding	Chocolate Cracknel	Carrot Cake	Fruit Jelly and Langage Farm Ice Cream	Fresh Fruit Platter	Oat Cookie
Jacket Potato	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Available Each Day	Fresh Bread & Salad with a main meal. Fresh Fruit & Yoghurts are available as alternative puddings.				
Week starting:	16/11/20 07/12/20 11/01/21 01/02/21 01/03/21 22/03/21				



Welcome to our new Allergen Aware Menu

All menu items are free wherever possible from the recognised Allergens other than Fish.

Option 2 everyday will always be Vegan suitable

Allergy Menu	Autumn / Winter 2020
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Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Beef Burger	Salmon and Sweet Chilli Rice	Roast Beef & Gravy	Allergen Free Pasta Bolognese Bake	GF Fish Fingers
Option 2	Sweet Potato and Lentil Curry with Rice	Allergen Free Pasta Bake	Allergen Free Tomato Tumble	Vegan Sausage	Jacket Potato & Baked Beans
Sides	Wedges, Baked Beans or Sweetcorn	Carrots and Peas	Roast or Mashed Potato, Green Beans and Carrots	Roasted Vegetables	Chips, Peas or Baked Beans
Desserts	Chewy Date Flapjack	Stewed Apple & Vegan Ice Cream	Fresh Fruit Platter	Pip Organic lolly	Fruit Smoothie
Week starting:	02/11/20; 23/11/20; 14/12/20; 18/01/21; 08/02/21; 08/03/21; 29/03/21				

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Gluten Free Sausage with Gravy or Tomato Ketchup	Allergen Free Pizza	Roast Chicken & Gravy	Gluten Free Sausage & Bacon	GF Fish Fingers
Option 2	Allergen Free Pasta Bake	Allergen Free Chilli	Allergen Free Tomato Tumble	Vegan Sausage	Jacket Potato & Baked Beans
Sides	Farmhouse Veg	Wedges, Beans or Sweetcorn	Roast or Mashed Potato, Cabbage and Carrots	Baked Beans, Grilled Tomatoes and Mushrooms	Chips, Peas or Baked Beans
Desserts	Allergen Free Apple Crumble & Vegan Ice Cream	Fresh Fruit Platter	Pip Organic Ice Lolly	Fruit Jelly and Vegan Ice Cream	Fruit Smoothie
Week starting:	09/11/20; 30/11/20; 04/01/21; 25/01/21; 22/02/21; 15/03/21				

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Gluten Free Sausage with Gravy or Tomato Ketchup	Allergen Free Pasta Bolognese Bake	Roast Pork, Apple Sauce and Gravy	Allergen Free Spanish Style Chicken & Rice	GF Fish Fingers
Option 2	Allergen Free Pasta Bake	Vegan Sausage	Allergen Free Tomato Tumble	Allergen Free Pizza	Jacket Potato & Baked Beans
Sides	Mashed Potato, Baked Beans or Sweetcorn	Peas and Green Beans	Roast or Mashed Potato, Cauliflower and Carrots	Broccoli and Sweetcorn	Chips, Peas or Baked Beans
Desserts	Chewy Date Flapjack	Pip Organic Ice Lolly	Fruit Jelly and Vegan Ice Cream	Fresh Fruit Platter	Fruit Smoothie
Week starting:	16/11/20; 07/12/20; 11/01/21; 01/02/21; 01/03/21; 22/03/21				