

Week 1

Monday

Cheese & Tomato Pizza G, D or
Pasta with Super Hero Tomato Sauce A, F

Homemade Coleslaw E, G, G

Yoghurt or Fruit DAIRY



Tuesday

Irish Sausage in a Roll G or

Vegetarian Sausage in a Roll G, S

Homemade Jacket Wedges

Seasonal Vegetables

St Clement Cake G, E, PD

Wednesday

Roast Chicken A, F or

Quorn Roast S, PD (CHECK)

Roast Potatoes & Yorkshire Pudding G, D

Seasonal Vegetables

Chocolate Sponge Pudding with Chocolate Custard

G, E, PD



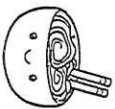
Thursday

Chicken Noodle Stir Fry or

Vegetable Pasta Bake G, D

Seasonal Vegetables

Carrot Cake E



Friday

Battered Fish F, G or

Vegetable Crustless Quiche E, D

Chips A, F

Seasonal Vegetables

Strawberry Mousse D



Week 2

Monday

Vegetable Lasagna G, D or

Tuna & Tomato Bake G, D, F

Garlic Bread G, D

Seasonal Vegetables

Gingerbread Cookie G, PD

Tuesday

Chicken Pie G or

Creamy Pesto Pasta D

Washed Potato PD

Seasonal Vegetables

Banana Bread G, E, PD



Wednesday

Roast Beef A, F or

Cauliflower Cheese D

Roast Potatoes & Yorkshire Pudding G, D

Seasonal Vegetables

Apple & Berry Crumble with Custard G, PD

Thursday

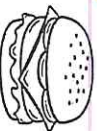
Build Your Own Beef Burger G or

Vegetable Burger CHECK BOX

Jacket Wedges A, F

Seasonal Vegetables

Crispy Slice & Melon G, PD



Friday

Fish Fingers F, G or

Vegetable Dippers

Chips A, F

Seasonal Vegetables

Frozen Smoothie A, F

Week 3

Monday

Macaroni Cheese G, D or

Vegetable Pasta Bake, D

Seasonal Vegetables

Shortbread G, PD



Tuesday

Mild Chicken Curry PD or

Vegetable Chilli A, F

Wholegrain Rice A, F

Seasonal Vegetables

Apple Cake G, E, PD

Wednesday

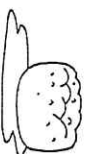
Roast Gammon A, F or

Quorn Roast S, PD (CHECK)

Roast Potatoes & Yorkshire Pudding G, D

Seasonal Vegetables

Fruit & Oat Slice with Custard G, D



Thursday

All Day Breakfast D, E, G or

Vegetarian All Day Breakfast S, E, D, G

Beans, Mushrooms & Tomatoes A, F

Ice Cream D

Friday

Crispy Fish Tacos (Cod Goujon) F, G or

Salmon Fishcake F, G

Chips A, F

Salad or Beans & Sweetcorn

Jelly A, F

Glossary: G = Gluten D = Dairy PD = Possible Dairy (this is where there is an allergen free butter can be used instead) E = Egg F = Fish AF = Allergen free
We use dairy free butter where possible and non dairy free will only be used as an alternative. Vegan mayonnaise is routinely used also and is allergen free.
Remember this is a guide. It is your responsibility to check your products before using, manufacturers can change recipes without informing suppliers.
We can produce most meals allergy free, all gravies, bases, stocks are allergen free. All sites should have allergy free bread, pasta and desserts as standard stock.
Any contents please contact us. 02775 1 52775 All charges will be charged on the card payment which is our preferred method of payment.