



WEEK	DAY	MAINS		SIDES	PUDDINGS
[Insert content here]	[Insert content here]	Meat	Vegetarian		
1	Monday	Tomato & basil pasta bake <sup>(1,3)</sup>	Vegetable tagine & couscous <sup>(3)</sup>	Sweetcorn, green beans	Watermelon slices
	Tuesday	Mild chicken curry <sup>(1)</sup>	Sweet potato & chickpea curry	Steamed rice, broccoli, carrots	Fruit salad
	Wednesday	Roast turkey & gravy	Winter casserole cobbler <sup>(1,3)</sup>	Skin-on roast potatoes, savoy cabbage, winter roots	Pea & vanilla cake <sup>(1,3,11)</sup>
	Thursday	Spaghetti Bolognese <sup>(3)</sup>	Pepper, basil & tomato tart <sup>(1,3,11)</sup>	Garlic & herb bread <sup>(1,3,6,11)</sup> , carrots, green beans	Melon & pineapple
	Friday	Fish fingers/salmon fishcakes <sup>(2,3)</sup>	Sweet potato falafel, pitta, tzatziki <sup>(1,3)</sup>	Chips, baked beans, peas	Chocolate cookie <sup>(3)</sup>
2	Monday	Mac & cheese <sup>(1,3,14)</sup>	Vegetable biryani	Broccoli, sweetcorn	Fruit Salad
	Tuesday	Sausages <sup>(3,12)</sup>	Vegetarian sausages <sup>(1,3,11)</sup>	Mashed potato <sup>(1)</sup> , carrots, peas	Fruit jelly
	Wednesday	Roast chicken & gravy	Tuscan bean stew & couscous <sup>(3)</sup>	Roast potatoes, Winter roots, savoy cabbage	Beetroot brownie <sup>(1,3,11)</sup>
	Thursday	Beef lasagne <sup>(1,3,14)</sup>	Vegetable lasagne <sup>(1,3,14)</sup>	Garlic & herb bread <sup>(1,3,6,11)</sup> , carrots, broccoli	Melon & pineapple
	Friday	Battered fish <sup>(1,2,3)</sup>	Cheese & leek pasty <sup>(1,3)</sup>	Chips, baked beans, peas	Oat cookie <sup>(3)</sup>
3	Monday	Margherita pizza <sup>(1,3,6,11)</sup>	Mixed bean wrap <sup>(3)</sup>	Carrots, green beans	Vanilla ice cream <sup>(3)</sup>
	Tuesday	Moroccan chicken & rice	Mediterranean pasta bake <sup>(1,3)</sup>	Sweetcorn, broccoli	Pineapple & melon
	Wednesday	Toad in the hole & gravy <sup>(1,3,11,12)</sup>	Spinach & pepper souffle potato <sup>(1,11)</sup>	Skin-on roast potatoes, savoy cabbage, carrots	Lemon & cucumber cake <sup>(1,3,11)</sup>
	Thursday	Chicken pie & gravy <sup>(3)</sup>	Soya mince & vegetable pie <sup>(1,3,6)</sup>	Mashed potato <sup>(1)</sup> , Bashed root vegetables, green beans	Fruit platter
	Friday	Fish fingers <sup>(2,3)</sup>	Vegetable chilli & rice	Chips, baked beans, peas	Shortbread biscuit <sup>(1)</sup>



**Allergen Key:** 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

**\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\***