

Let's see what's for lunch...

Monday

Main Meals
 Chicken & Vegetable Paella
 Sweetcorn & Courgette Fritter (G,E) with Side Salad **V**
 Pasta (G) with Tomato Sauce (g) **Ve**

Vegetables
 Peas **Ve**

Dessert
 Apple & Cinnamon Sponge (G,E) with Custard (MK) **V**

Tuesday

Main Meals
 Beef Meatloaf (G,SO,se) with Mashed Potato (MK) & Gravy
 Squash & Lentil Curry (MU,g) with Steamed Rice **Ve**
 Jacket Potato with Cheese (MK) **V** or Salmon Mayonnaise (F,E)

Vegetables
 Chinese Cabbage **Ve**

Dessert
 Strawberry Cheesecake (G,MK,so,e) **V**

Wednesday

Main Meals
 Roast Chicken Fillets with Roast Potatoes & Gravy
 Vegan Cornish Pasty (G,SO) with Roast Potatoes **Ve**
 Pasta (G) with Roasted Tomato & Pepper Sauce **Ve**

Vegetables
 Green Cabbage & Carrots **Ve**

Dessert
 Chocolate Sponge (G,E) & Chocolate Sauce (MK) **V**

Thursday

Main Meals
 Cumberland Sausage (G,SU) with Mash (MK) & Gravy
 Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) **V**
 Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables
 Green Beans & Cauliflower **Ve**

Dessert
 Fruit Burst Jelly **V**

Friday

Main Meals
 Fish Fingers (G,F) with Chips
 Vegetarian Finger (G) Bap (G,se) with Homemade Ketchup (G) & Side Salad **Ve**
 Pasta (G) with Tomato Sauce (g) **Ve**

Vegetables
 Baked Beans & Sweetcorn **Ve**

Dessert
 Chocolate & Orange Cookie (G,mk) **V**

Freshly Baked Bread:
 Pumpkin & Carrot (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Week 1:
 12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th Oct

Monday

Main Meals
 Cheesy Leek & Bacon Pasta Bake with a Herby Crust (G,MK) **V** **V**
 Sweet Chilli & Soy Vegetable Fried Rice (G,SO) **Ve**
 Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables
 Green Beans **Ve**

Dessert
 Coconut & Jam Sponge (G,E,SU) with Custard (MK) **V**

Tuesday

Main Meals
 Beef Lasagne (G,MK,e)
 Vegan Mince & Vegetable Pasta Bake (G,SO) **Ve**
 Pasta (G) with Tomato Sauce (g) **Ve**

Vegetables
 Sweetcorn **Ve**

Dessert
 Berry Crumble Slice (G) **Ve**

Wednesday

Main Meals
 Roast Gammon with Roast Potatoes & Gravy
 Potato & Leek Frittata (MK,E) **V**
 Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables
 Roasted Butternut Squash & Kale **Ve**

Dessert
 Orange & Poppy Seed Sponge (G,E) **V**

Thursday

Main Meals
 Chicken & Vegetable Curry (MU) with Steamed Rice
 Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) **V**
 Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables
 Carrots & Cauliflower **Ve**

Dessert
 Cherry Cookie (G,SU) **Ve**

Friday

Main Meals
 Fish Fingers (G,F) with Chips
 Roasted Vegetable & Chick Pea Wrap (G,MK) **V**
 Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables
 Baked Beans & Garden Peas **Ve**

Dessert
 Vanilla & Sultana Sponge (G,E) with Custard (MK) **V**

Freshly Baked Bread:
 Courgette, Oat & Thyme (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Week 2:
 19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

Allergen Key - CAPITAL LETTERS = contains, lower case = may contain
 Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

Monday

Main Meals
 Chicken Biryani (MU,g)
 Homemade Vegan Burger (G,se) with Baked Sweet Potato **Ve**
 Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

Vegetables
 Broccoli Florets **Ve**

Dessert
 Carrot & Apple Flapjack (G) **V**

Tuesday

Main Meals
 Spaghetti (G) Bolognese
 Carrot & Pea Risotto **Ve**
 Jacket Potato with Baked Beans **Ve** Cheese (MK) **V**, or Bolognese

Vegetables
 Carrots & Peas **Ve**

Dessert
 Lemon Drizzle Cake (G,E,SU) **V**

Wednesday

Main Meals
 Roast Turkey with Roast Potatoes & Gravy
 Lentil & Bean Vegan Loaf (G,SO,se) with Roast Potatoes & Gravy **Ve**
 Wholewheat Pasta (G) with Tomato Sauce (g) **Ve**

Vegetables
 Green Cabbage & Roast Carrots **Ve**

Dessert
 Banana & Sultana Cake (G,E) with Custard (MK) **V**

Thursday

Main Meals
 Beef Burger in a Bun (G,se) with Potato Salad (E)
 Margherita Pizza (G,MK) with Potato Salad (E) **V**
 Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

Vegetables
 Sweetcorn **Ve**

Dessert
 Chilled Rice Pudding with Berry Compote (MK) **V**

Friday

Main Meals
 Fish Fingers (G,F) with Chips
 Vegetable & Lentil Croquette (G,SO,se) with Oven Baked Chips **Ve**
 Pasta (G) with Tomato Sauce (g) **Ve**

Vegetables
 Baked Beans & Garden Peas **Ve**

Dessert
 Chocolate & Raisin Shortbread (G) **Ve**

Freshly Baked Bread:
 Sunflower, Rosemary & Tomato (G,MK,SO,e) **V** Wholemeal (G,MK,SO,e) **V**

Week 3:
 26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th Oct

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians

All products are subject to availability.