

MONDAY

MAIN MEAL	Beef Bolognaise with Spaghetti (G)
VEGGIE MEAL	Vegan Bolognaise (SO,g) with Spaghetti (G)
SIDES	Peas & Broccoli
DESSERT	Maryland Cookie (G,mk)

TUESDAY

MAIN MEAL	Chicken & Vegetable Hotpot
VEGGIE MEAL	Margherita Pizza (G,SO,MK,e) with Baked Wedges
SIDES	Carrots & Sweetcorn
DESSERT	Apple Crumble (G) with Custard (MK)

WEDNESDAY

MAIN MEAL	Roast Chicken with Roast Potatoes & Gravy
VEGGIE MEAL	Squash & Lentil Lasagne (G,MK,e)
SIDES	Seasonal Greens & Cauliflower
DESSERT	Cherry Cornflake Cake (G,SU)

THURSDAY

MAIN MEAL	Chilli Con Carne with Steamed Rice
VEGGIE MEAL	Vegan Bean Chilli (SO) with Steamed Rice
SIDES	Broccoli & Carrots
DESSERT	Chocolate & Pear Sponge (G,E)

FRIDAY

MAIN MEAL	Battered Fish (G,F) with Chips & Ketchup
VEGGIE MEAL	Vegan Goujons with Chips & Ketchup
SIDES	Peas & Baked Beans
DESSERT	Banana Flapjack (G)

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 1:

1ST JANUARY, 22ND JANUARY, 12TH FEBRUARY, 4TH MARCH, 25TH MARCH, 15TH APRIL, 6TH MAY

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), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

MONDAY

MAIN MEAL	Pork Sausage (G,SU) with Mashed Potato & Gravy
VEGGIE MEAL	Vegan Sausage (SO) with Mashed Potato & Gravy
SIDES	Sweetcorn & Baked Beans
DESSERT	Chocolate Rice Krispie Cake (G)

TUESDAY

MAIN MEAL	Sweet & Sour Pork (G,C) with Steamed Rice
VEGGIE MEAL	Vegan Sweet & Sour Vegetables (G,SO) with Steamed Rice
SIDES	Carrots & Broccoli
DESSERT	Mandarin Jelly

WEDNESDAY

MAIN MEAL	Honey Roast Gammon with Roast Potatoes & Gravy
VEGGIE MEAL	Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO)
SIDES	Seasonal Greens & Peas
DESSERT	Vanilla Ice Cream (MK)

THURSDAY

MAIN MEAL	Mild Chicken & Vegetable Curry with Steamed Rice
VEGGIE MEAL	Vegan Chickpea & Spinach Korma with Steamed Rice
SIDES	Carrots & Sweetcorn
DESSERT	Apple & Carrot Flapjack (G)

FRIDAY

MAIN MEAL	Battered Fish (G,F) with Chips & Ketchup
VEGGIE MEAL	Vegan Fajita Wrap (G) with Chips & Ketchup
SIDES	Peas & Baked Beans
DESSERT	Lemon Drizzle Sponge (G,E)

JACKET & PASTA BAR AVAILABLE DAILY

Week 2:

8th January, 29th January, 19th February, 11th March, 1st April, 22nd April, 13th May

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MONDAY

MAIN MEAL	Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)
VEGGIE MEAL	Vegan Roasted Ratatouille with Penne (G)
SIDES	Carrots & Broccoli
DESSERT	Orange Shortbread Biscuit (G)

TUESDAY

MAIN MEAL	Pork & Vegetable Stir Fry (G,SO) with Steamed Rice
VEGGIE MEAL	Vegan Burrito (G,SO)
SIDES	Sweetcorn & Coleslaw (E)
DESSERT	Carrot Cake (G,E)

WEDNESDAY

MAIN MEAL	Herby Roast Chicken with Roast Potatoes & Gravy
VEGGIE MEAL	3 Vegetable Mac n' Cheese (G,MK)
SIDES	Seasonal Greens & Broccoli
DESSERT	Chocolate & Beetroot Brownie (G,E)

THURSDAY

MAIN MEAL	Traditional Beef Lasagne (G,MK,e)
VEGGIE MEAL	Vegan Layered Vegetable & Sweet Potato Bake
SIDES	Cauliflower & Carrots
DESSERT	Vanilla Ice Cream (MK)

FRIDAY

MAIN MEAL	Battered Fish (G,F) with Chips & Ketchup
VEGGIE MEAL	Vegan Bubble & Squeak with Chips & Ketchup
SIDES	Peas & Baked Beans
DESSERT	Apple & Parsnip Cake (G,E)

JACKET & PASTA BAR AVAILABLE DAILY

WEEK 3:

15TH JANUARY, 5TH FEBRUARY, 26TH FEBRUARY, 18TH MARCH, 8TH APRIL, 29TH APRIL, 20TH MAY

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