

MONDAY

MAIN MEAL	Sausage (G,SU) & Gravy
VEGGIE MEAL	Vegan Sausage (SO) & Gravy
SIDES	Mashed Potato, Carrots & Peas
OPTION 3	Baked Jackets with Grated Cheese (MK)
DESSERT	Maryland Cookie (G,mk)

TUESDAY

MAIN MEAL	Beef Bolognaise with Penne (G)
VEGGIE MEAL	Arrabiata Sauce (SU,g) with Penne (G)
SIDES	Garlic Bread (G,so,mk) & Broccoli
OPTION 3	Pasta (G) & Tomato Sauce
DESSERT	Apple Crumble (G) with Custard (MK)

WEDNESDAY

MAIN MEAL	Lemon & Thyme Roast Chicken & Gravy
VEGGIE MEAL	Cheese & Onion Tart (G,E,MK)
SIDES	Roast Potatoes & Seasonal Greens
OPTION 3	Baked Jackets with Baked Beans
DESSERT	Cherry Cornflake Cake (G,SU)

THURSDAY

MAIN MEAL	Sweet & Sour Chicken (G,C) with Boiled Rice
VEGGIE MEAL	Mushroom Chow Mein (G,E,SO,c,mu)
SIDES	Cauliflower & Carrots
OPTION 3	Pasta (G) & Tomato Sauce
DESSERT	Chocolate & Pear Sponge (G,E)

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGGIE MEAL	Vegan Burger (G,se)
SIDES	Chips & Baked Beans
OPTION 3	Baked Jackets with Grated Cheese (MK)
DESSERT	Banana Flapjack (G)

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	Chilli Con Carne (g) with Arroz Verde
VEGGIE MEAL	Chilli Sin Carne (SO,g) with Arroz Verde
SIDES	Taco, Sweetcorn & Coleslaw (E)
OPTION 3	Pasta (G) & Tomato Sauce
DESSERT	Chocolate Rice Krispie Cake (G)

TUESDAY

MAIN MEAL	Slow Cooked Bombay Chicken with Pilaf Rice
VEGGIE MEAL	Keralan Coconut Curry (MK,g) with Garlic & Coriander Naan (G,MK)
SIDES	Cauliflower & Carrots
OPTION 3	Baked Jackets with Grated Cheese (MK)
DESSERT	Apple & Carrot Flapjack (G)

WEDNESDAY

MAIN MEAL	Roast Gammon & Gravy
VEGGIE MEAL	Cauliflower Cheese (G,MK)
SIDES	Roast Potatoes & Seasonal Greens
OPTION 3	Wholewheat Pasta (G) & Tomato Sauce
DESSERT	Lemon Drizzle Sponge (G,E)

THURSDAY

MAIN MEAL	Chicken Fajita with Tex Mex Potato Wedges
VEGGIE MEAL	Vegetable Fajita (G,SO) with Taco
SIDES	Broccoli
OPTION 3	Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)
DESSERT	Oat Cookie (G)

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGGIE MEAL	Vegetable Burrito (G,SO)
SIDES	Chips & Baked Beans
OPTION 3	Pasta (G) & Tomato Sauce
DESSERT	Chocolate & Beetroot Brownie (G,E)

Week 2:

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

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MONDAY

MAIN MEAL	Aloo Beef Keema (g) with Boiled Rice
VEGGIE MEAL	Jalfrezi Paneer (MK,SU,g) with Chapati (G)
SIDES	Broccoli & Carrots
OPTION 3	Baked Jackets with Grated Cheese (MK)
DESSERT	Orange Shortbread Biscuit (G)

TUESDAY

MAIN MEAL	Meatball Marinara with Spaghetti (G)
VEGGIE MEAL	Sugo Al Pomodoro (g) with Spaghetti (G)
SIDES	Garlic Bread (G,so,mk) & Peas
OPTION 3	Pasta (G) & Tomato Sauce
DESSERT	Carrot Cake (G,E)

WEDNESDAY

MAIN MEAL	Paprika Roast Chicken & Gravy
VEGGIE MEAL	Vegetable Hot Pot (g)
SIDES	Roast Potatoes & Carrots
OPTION 3	Baked Jackets with Baked Beans
DESSERT	Chocolate Shortbread (G)

THURSDAY

MAIN MEAL	Vietnamese Pork Banh Mi (G,SO,SE) with Egg Noodles (G,E)
VEGGIE MEAL	Sweet & Sour Vegetables (G,C) with Egg Noodles (G,E)
SIDES	Pan Fried Cabbage
OPTION 3	Pasta (G) & Tomato Sauce
DESSERT	Apple & Parsnip Cake (G,E)

FRIDAY

MAIN MEAL	Battered Fish (G,F)
VEGGIE MEAL	Vegan Goujons
SIDES	Chips & Baked Beans
OPTION 3	Baked Jackets with Grated Cheese (MK)
DESSERT	Cherry Cookie (G,SU)

WEEK 3:

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

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