

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

WEEK 1: 6TH JAN, 27TH JAN, 17TH FEB, 10TH MAR, 31ST MAR, 21ST APR, 12TH MAY, 2ND JUN, 23RD JUN, 14TH JUL

**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

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

WEEK 2: 13<sup>TH</sup> JAN, 3<sup>RD</sup> FEB, 24<sup>TH</sup> FEB, 17<sup>TH</sup> MAR, 7<sup>TH</sup> APR, 28<sup>TH</sup> APR, 19<sup>TH</sup> MAY, 9<sup>TH</sup> JUN, 30<sup>TH</sup> JUN, 21<sup>ST</sup> Jul

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## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

WEEK 3: 20<sup>TH</sup> JAN, 10<sup>TH</sup> FEB, 3<sup>RD</sup> MAR, 24<sup>TH</sup> MAR, 14<sup>TH</sup> APR, 5<sup>TH</sup> MAY, 26<sup>TH</sup> MAY, 16<sup>TH</sup> JUN, 7<sup>TH</sup> JUL, 28<sup>TH</sup> JUL

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