

	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 30/10, 20/11, 11/12, 15/01, 05/02, 04/03, 25/03	Main Course	-Sweet & Sour Chicken    and rice -Cheese and Tomato Pizza  	- Beef Chilli & Rice - Quorn Hot Dog:    Beans/Veg	-Roast Chicken (GF) -Quorn Bolognese  	-Sausage Rolls  Beans/Veg -Tomato Pasta	-Fish   & Chips  * with vegetables -Vegetable nuggets  *Oil
	Dessert	-Fruit Shortbread   	-Fruit Sponge   	-Strawberry Angel Delight 	-Fruit Flapjack   	-Raspberry ice cream pot (GF) 
WEEK 2 06/11/, 27/11, 01/01, 22/01,19/02, 11/03	Main Course	--Salmon & Broccoli Risotto (GF)  -Quorn Burger in a bap   	-Chicken Pasta in a Tomato Sauce  -*Vegetable Curry & Rice (GF) May contain   	-Sausages & Yorkies  -Roast Vegetable Tart  	-Beef Lasagne   & Garlic Bread  -Cheese Wheels   Beans/Veg	-Fish   & Chips*  with vegetables -Roast vegetable pizza  *Oil
	Dessert	-Fruit Flapjack   	-Angel Delight 	-Fruit Shortbread   	-Fruit Sponge  	-Frozen smoothie (DF/ GF)
WEEK 3 13/11, 04/12, 08/01, 29/01, 26/02, 18/03	Main Course	-*Chicken Curry  & Rice (GF) -Cheesy Pasta   *May contain   	-Ham Pizza    -Quorn Sweet and Sour  	-Roast Gammon (GF)  -Vegetable Lasagne  	-Chicken Fajita  Rice Veg -Cheese Muffin   Wedges, beans/veg	-Fish   & Chips*  with vegetables -Vegetable sausage  *Oil
	Dessert	-Fruit Shortbread   	-Fruit Flapjack   	--Cheese  & Crackers 	-Fruit Sponge  	-Strawberry ice cream (GF) 

AVAILABLE EVERYDAY

-Jacket potato with tuna  , egg , cheese  or beans (GF)*

-Sandwich with tuna    , egg  , cheese   or ham  

-Fruit  & Yoghurt 

MENU ALLERGIES

 Gluten
 Egg
 Milk
 Soya
 Mustard
 Peanut
 Nuts

 Molluscs
 Fish
 Lupin
 Celery
 Mustard
 Sesame Seeds (Humous)
 Sulphur dioxide (ham, lemon juice on cut up apple, sultanas)

DF = Dairy Free
GF = Gluten Free
* = Jacket potatoes have butter  unless requested not to
Gravy is GF
Chip Oil contains Soya
Gluten Free flour contains Maize
RTU Curry Sauce may contain   