

	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 17/4, 8/5, 5/6, 26/6, 17/7, 11/9,2/10	Main Course	-Sweet & Sour Chicken    and Rice -Cheese & Tomato Pizza  	-Beef Chilli & Rice -Quorn Hot Dog   	-Roast Gammon (GF) -Roast Vegetable Tart 	-Sausage Rolls  Beans/Veg -Tomato Pasta	-Fish   & Chips*  with vegetables -Vegetable nuggets  *Oil
	Dessert	-Fruit Shortbread   	-Fruit Sponge   	-Cheese  & Crackers 	-Fruit Flapjack   	-Raspberry ice cream pot (GF) 
WEEK 2 24/4, 15/5, 12/6, 3/7, 24/7, 18/9, 9/10	Main Course	-Salmon & Broccoli Risotto (GF)  -Quorn Burger in a bap   	-Chicken Pasta  -*Vegetable Curry & Rice (GF) May contain   	-Sausages & Yorkies  -Cauli & Broccoli Cheese Bake  	-Beef Lasagne   & Garlic Bread  -Cheese Wheels  	-Fish   Chips*  -Roast vegetable pizza  *Oil
	Dessert	-Fruit Flapjack   	-Strawberry Angel Delight 	-Fruit Shortbread   	-Fruit Sponge  	-Frozen smoothie (DF/ GF)
WEEK 3 1/5, 22/5, 19/6, 10/7, 4/9, 25/9, 16/10	Main Course	-*Chicken Curry  & Rice (GF) -Cheesy Pasta   *May contain   	-Ham Pizza    -Quorn Bolognese  	- Mince & Veg filled Yorkshire Pud   - Cheese Muffin  	-Beef Burger in a bap  -Cheese & Onion Pasty Pie  	-Fish & Chips*   with vegetables -Vegetable Sausage  *Oil
	Dessert	-Fruit Shortbread   	-Fruit Flapjack   	- Strawberry Angel Delight 	-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
-  Sesame Seeds (Humous)
-  Sulphur dioxide (ham, lemon juice on cut up apple, sultanas)
-  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   