

	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 6/9, 26/9, 17/10, 14/11, 5/12, 9/1, 30/1, 27/2, 20/3	Main Course	-Sweet & Sour Chicken ▲▲■ and noodles ▲▲▲ -Quorn Sausage ▲▲▲	-Salmon & Broccoli Risotto (GF) ■ -Cheese & Tomato Pizza ▲	-Roast Gammon (GF) -Cheese Muffin ▲▲	-BBQ Chicken & Rice (GF) -Cheese Wheels ▲▲	-Fish & Chips* ▲ with vegetables -Vegetable sausage ▲ *Oil
	Dessert	-Fruit Shortbread ▲▲■	-Fruit Sponge ▲▲▲	-Cheese ▲ & Crackers ▲	-Fruit Flapjack ▲▲■	-Raspberry ice cream pot (GF) ▲
WEEK 2 12/9, 3/10, 31/10, 21/11,12/12, 16/1, 6/2, 6/3, 27/3	Main Course	-Chicken Risotto (GF) -Macaroni Cheese ▲▲	-Spaghetti Bolognese ▲ -*Vegetable Curry & Rice (GF) May contain ▲▲▲	-Sausages ▲ -Veggie Roast ▲	-Cottage Pie (GF) -Vegetable Pasta Bake ▲	-Fish & Chips* ▲ with vegetables -Roast vegetable pizza ▲ *Oil
	Dessert	-Fruit Flapjack ▲▲■	-Angel Delight ▲	-Fruit Shortbread ▲▲■	-Fruit Sponge ▲▲	-Frozen smoothie (DF/ GF)
WEEK 3 19/9, 10/10,7/11, 28/11, 2/1, 23/1, 20/2, 13/3	Main Course	-*Chicken Curry ▲▲ & Rice (GF) -Tomato Pasta ▲ *May contain ▲▲▲	-Ham Pizza ▲▲■ -Quorn Sweet and Sour ▲■	-Roast Chicken (GF) -Cheese & Potato Pie (GF) ▲	-Beef & Veg Pie ▲ -Quorn Burger ▲▲▲	-Fish & Chips* ▲ with vegetables -Vegetable nuggets ▲ *Oil
	Dessert	-Fruit Shortbread ▲▲■	-Fruit Flapjack ▲▲■	-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
▲ 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 ▲▲▲