



Menu Week 1 (W/C Mon 21st April; Mon 12th May; Mon 9th June; Mon 30th June)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Tomato, Vegetable & Red Lentil Pasta (G-w) or	Margarita Pizza Or Beef Pizza with Homemade Five	Chicken Curry (Mu)	Beef Lasagne with Garlic Bread (G-w,M)	Cod Fish Fingers (F,G-w)
Main dish	Jacket potato with Salmon and Mayo Topping (F,E,Mu)	Vegetable & Red Lentil Pizza Topping & Mozzarella Cheese (G-w,M)	Sweet Potato & Chickpea Curry (Mu)	Vegetable & Lentil Lasagne with Garlic Bread (G-w,M)	Vegetable and Potato Cake (E)
Starchy dish	Included in main	Diced Potatoes	Brown Rice	Included in main	Potato Wedges
Vegetable	Italian Salad	Salad Selection	Sweetcorn	Salad Selection	Baked Beans
Dessert	Fresh Fruit Salad or Low-Fat Yoghurt (M)	Fresh Fruit Salad	Strawberry Ice Cream (M) or Fresh Fruit	Sliced Fresh Fruit	Fruit Flapjack (G-o)M or Low-Fat Yoghurt (M)
Daily Options: Freshly Prepared Salads, Chilled Water and Fresh Milk A Selection of Seasonal Fruit, Yoghurts and Bread are Available Daily					

Allergen Coding: Fish(F)- Peanuts(P)- Soya beans(Sb)- Milk(M)- Nuts(N)- Celery(Ce)- Mustard(Mu)- Sesame(Se)- Sulphite(Su)- Lupin(L)- Molluscs(Mo) Eggs(E)- Crustaceans(Cr) Cereals containing gluten – (G-w)- Wheat (G-b) Barley (G-o) Oats

Menu Week 2 (W/C Mon 28th April; Mon 19th May; Mon 16th June; Mon 7th July)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Tomato, Basil & Red Lentil Pasta with Cheesy Topping (G-w,M)	Roast Chicken Thigh with Gravy	Spaghetti Bolognese with Beef, Courgette, Carrot and Tomato (G-w)	BBQ Chicken Strips with Roast Peppers (Sb)	Fish & Chips (G-w,F)
Main dish		Veggie Roast Quorn Fillet with Gravy (E)	Spaghetti Bolognese with Quorn, Courgette, Carrot and Tomato (E.G-w)	BBQ Quorn Strips with Roast Peppers (E)	Vegetable Pin Wheels (G-w,M)
Starchy dish	Included in main	Roast Potatoes	Included in main course	Steamed Rice and Pitta Bread (G-w)	Included in Main Course
Vegetable	Mixed Salad	Peas & Carrots	Salad Selection	Sweetcorn	Baked Beans
Dessert	Fresh Fruit Salad	Sliced Fresh Fruit or Low-Fat Yoghurt (M)	Strawberry Jelly or Fresh Fruit or Low-Fat Yoghurt (M)	Selection of Fresh Fruit served with Low-Fat Yoghurt (M)	Chocolate & Pear Cake (G-w,E,M) or Fresh Fruit or Low-Fat Yoghurt (M)
Daily Options: Freshly Prepared Salads, Chilled Water and Fresh Milk A Selection of Seasonal Fruit, Yoghurts and Bread are Available Daily					

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Menu Week 3 (W/C Mon 5th May; Mon 2nd June; Mon 23rd June; Mon 14th July)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Tomato, Vegetable & Red Lentil Pasta and French Bread (G-w)	Beef or Chicken Sausages with Gravy (Su,G-w)	Margarita Pizza Or Mexican Chicken Pizza with Five Vegetable Pizza Topping & Mozzarella Cheese (G-w,M)	Beef Lasagne with Garlic Bread (G-w,M)	Cod Fish Fingers (F,G-w)
Main dish		Quorn Sausages with Gravy (E,G-w)		Vegetable and Lentil Lasagne with Garlic Bread (G-w,M)	Vegetable Croquettes (G-w,E)
Starchy dish	Included in main course	Mashed Potato	Potato Wedges	Included in main course	Chips
Vegetable	Salad Selection	Peas & Carrots	Salad Selection	Salad Selection	Baked Beans
Dessert	Fresh Fruit Platter Or Yoghurt (M)	Strawberry Jelly Fresh Fruit Platter or Low-Fat Yoghurt (M)	Fresh Fruit Salad	Fresh Fruit Platter	Banana Cake (G-w,E,M) or Fresh Fruit or Low-Fat Yoghurt (M)
<p>Daily Options: Freshly Prepared Salads, Chilled Water and Fresh Milk A Selection of Seasonal Fruit, Yoghurts and Bread are Available Daily</p>					

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The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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