

Week 1 (Weeks commencing: Wednesday 2nd September; Monday 21st September; Monday 12th October; Monday 16th November; Monday 7th December)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Tomato, Vegetable & Red Lentil Pasta (G-w)	Chicken Goujon Wrap (G-w)	Margarita Pizza With Five Vegetable Pizza Topping & Mozzarella Cheese (G-w,M)	Chicken Curry (Mu)	Cod Fish Fingers (F,G-w)
Main dish		Vegetable Nugget Wrap (G-w,E)		Vegetable Curry (Mu)	Vegetable Samosa (G-w)
Starchy dish	Included in main	Sunny Vegetable Rice	Diced Potatoes	Brown Rice	Potato Wedges
Vegetable	Italian Salad	Broccoli	Salad Selection	Sweetcorn	Baked Beans
Dessert	Fresh Fruit Salad or Yoghurt (M)	Fruit Flapjack (G-o,M) or Fresh Fruit Fresh	Sliced Fresh Fruit Or Yoghurt (M)	Fruit Salad Or Yoghurt (M)	Lemon Drizzle Cake (G-w,E,M) or Fresh Fruit

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

Week 2 (Weeks commencing: Monday 7th September; Monday 28th September; Monday 2nd November; Monday 23rd November; Monday 14th December)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Tomato & Basil Pasta with Cheesy Topping (G-w,M)	BBQ Chicken Strips with Roast Peppers (Sb)	Spaghetti Bolognese with Beef, Courgette, Carrot and Tomato (G-w)	Roast Chicken Breat with Gravy	Fish & Chips (G-w,F)
Main dish		BBQ Quorn Strips with Roast Peppers (E)	Spaghetti Bolognese with Quorn, Courgette, Carrot and Tomato (E.G-w)	Veggie Roast Quorn Fillet with Gravy (E)	Vegetable & Cheese Pin Wheels (G-w,M)
Starchy dish	Included in main	Steamed Rice and Pitta Bread (G-w)	Included in main course	Roast Potatoes	Included in Main Course
Vegetable	Mixed Salad	Sweetcorn	Salad Selection	Peas and Carrots	Baked Beans
Dessert	Fresh Fruit Salad Or Yoghurt (M)	Sliced Fresh Fruit Or Yoghurt (M)	Strawberry Jelly or Fresh Fruit	Chewy Chocolate Cookie (G-w,E,M) or Fresh Fruit Platter	Chocolate & Pear Cake (G-w,E,M) or Fresh Fruit

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Week 3 (Weeks commencing: Monday 14th September; Monday 5th October; Monday 9th November; Monday 30th November)

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Tomato, Vegetable & Red Lentil Pasta and French Bread (G-w)	Roast Chicken Breast with Gravy	Margarita Pizza With Five Vegetable Pizza Topping & Mozzarella Cheese (G-w,M)	Beef Sausages with Gravy (Su,G-w)	Cod Fish Fingers (F,G-w)
Main dish		Veggie Roast Quorn Fillet with Gravy (E)		Quorn Sausages with Gravy (E,G-w)	Vegetable Spring Rolls (G-w,E)
Starchy dish	Included in main course	Roast Potatoes	Potato Wedges	Mashed Potato (M)	Chips
Vegetable	Salad Selection	Peas & Carrots	Salad Selection	Peas & Sweetcorn	Baked Beans
Dessert	Fresh Fruit Platter Or Yoghurt (M)	Chewy Chocolate Cookie (G-w,E,M) or Fresh Fruit Platter	Fresh Fruit Salad Or Yoghurt (M)	Fresh Fruit Platter Or Yoghurt (M)	Banana Cake (G-w,E,M) or Fresh Fruit

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