

WEEK ONE – WB: 1st September, 22nd September & 13th October

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| <p><u>Monday</u></p> <p>1. Chicken Tikka Masala, Naan Bread (GLUTEN - WHEAT), Wholegrain Rice, Green Beans</p> <p>V. Sweet Potato and Red Pepper Tikka Masala (MILK), Naan Bread (GLUTEN - WHEAT), Wholegrain Rice and Green Beans</p> <p>2. Ham Salad Sandwich (GLUTEN - WHEAT, RYE, BARLEY, OATS), Nachos and Raisins</p> <p>A. Ice Cream Pot (MILK) B. Fresh Fruit</p> | <p><u>Thursday</u></p> <p>1. All Day Breakfast, Pork Sausage (GLUTEN - WHEAT, SULPHITES), Hash Brown, Baked Beans, Roasted Tomato and Bread (GLUTEN - WHEAT, RYE, BARLEY, OATS)</p> <p>V. Vegan All Day Breakfast, Quorn Vegan Sausage (GLUTEN - WHEAT), Hash Brown, Baked Beans, Roasted Tomato and Bread (GLUTEN - WHEAT, RYE, BARLEY, OATS)</p> <p>2. Jacket Potato, Baked Beans, Cheese (MILK) and Mixed Salad</p> <p>A. Fruit Jelly B. Fresh Fruit</p> |
| <p><u>Tuesday</u></p> <p>1. Beef Lasagne (GLUTEN - WHEAT, EGG, MILK) Crusty Bread (GLUTEN - WHEAT), Peas</p> <p>V. Quorn Mince Lasagne (GLUTEN - WHEAT, EGG, MILK), Crusty Bread (GLUTEN - WHEAT) and Peas</p> <p>2. Jacket Potato, Baked Beans and Mixed Salad</p> <p>A. Chocolate Cornflake Cake (GLUTEN - WHEAT, RYE, OATS, BARLEY) with Orange Slices B. Fresh Fruit</p> | <p><u>Friday</u></p> <p>1. Salmon Fish Cake (FISH, GLUTEN - WHEAT), Chips, Peas and Ketchup</p> <p>V. Vegan Fishless Fingers (GLUTEN - WHEAT), Chips, Peas and Ketchup</p> <p>2. Cheese Ploughman's, Cheddar Cheese (MILK), Boiled Egg (EGG), Crusty Bread (GLUTEN - WHEAT), Tomato Chutney (MUSTARD) and Mixed Salad</p> <p>A. Crunchy Vanilla Cookie (GLUTEN - WHEAT) and Fruit Slice B. Fresh Fruit</p> |
| <p><u>Wednesday</u></p> <p>1. Roast Chicken, Mashed Potatoes, Seasonal Vegetables and Gravy</p> <p>V. Cheese and Onion Slice (GLUTEN - WHEAT, MILK), Mashed Potatoes and Seasonal Vegetables and Gravy</p> <p>2. Tuna Mayo and Cucumber Baguette (GLUTEN - WHEAT, FISH), Nachos and Raisins</p> <p>A. Lemon and Blueberry Drizzle Cake (GLUTEN - WHEAT, EGGS) B. Fresh Fruit</p> | <p>Yogurt (MILK) and Bread (GLUTEN - WHEAT, RYE, BARLEY, OATS) available Daily</p> |

WEEK TWO – WB: 8th September, 29th September & 20th October

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| <p><u>Monday</u></p> <p>1. Sweet and Sour Chicken & Rice Noodles with Broccoli</p> <p>V. Sweet and Sour Vegan Quorn (GLUTEN - WHEAT), Rice Noodles with Broccoli</p> <p>2. Jacket Potato, Cheese (MILK) and Mixed Salad</p> <p>A. Frozen Fruity Smoothie B. Fresh Fruit</p> | <p><u>Thursday</u></p> <p>1. Pork Sausage (GLUTEN - WHEAT, SULPHITES), Potato Croquettes (GLUTEN - WHEAT) and Baked Beans</p> <p>V. Quorn Vegan Sausage (GLUTEN - WHEAT), Potato Croquettes (GLUTEN -WHEAT) and Baked Beans</p> <p>2. Cucumber and Red Pepper Pesto Pasta (GLUTEN - WHEAT) served with Crusty Bread (GLUTEN - WHEAT)</p> <p>A. Peach Melba Waffle (GLUTEN - WHEAT, MILK, EGG, SOYA) B. Fresh Fruit</p> |
| <p><u>Tuesday</u></p> <p>1. Mild Beef Chilli, Wholegrain Rice and Green Beans</p> <p>V. Mild Quorn Chilli (EGG), Wholegrain Rice and Green Beans</p> <p>2. Tuna Mayo Brown Bread Sandwich (GLUTEN - WHEAT, OATS, BARLEY, RYE, FISH), Nachos and Raisins</p> <p>A. Apple Crumble (GLUTEN - WHEAT, OATS, BARLEY) and Cream (MILK) B. Fresh Fruit</p> | <p><u>Friday</u></p> <p>1. Breaded White Fish (GLUTEN - WHEAT, BARLEY, FISH), Chips, Peas and Ketchup</p> <p>V. Plant Based Wings (GLUTEN – WHEAT, SOYA), Chips, Peas and Ketchup</p> <p>2. Ham and Egg Salad, Gammon Ham, Boiled Egg (EGG), Potato Salad, Mixed Salad and Crackers (GLUTEN - WHEAT)</p> <p>A. Cherry Shortbread (GLUTEN - WHEAT, SULPHITES) B. Fresh Fruit</p> |
| <p><u>Wednesday</u></p> <p>1. Roast Chicken, Roast Potatoes, Seasonal Vegetables and Gravy</p> <p>V. Cauliflower Cheese, (GLUTEN - WHEAT, MILK), Roast Potatoes, Seasonal Vegetables and Gravy</p> <p>2. Jacket Potato, Baked Beans and Mixed Salad</p> <p>A. Chocolate and Beetroot Brownie (GLUTEN - WHEAT, EGG) B. Fresh Fruit</p> | <p>Yogurt (MILK) and Bread (GLUTEN - WHEAT, RYE, BARLEY, OATS) available Daily</p> |

WEEK THREE – WB: 15h September & 6th October

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| <p><u>Monday</u></p> <p>1. Chicken Burger (GLUTEN - WHEAT), Sauteed Potatoes and Cucumber Sticks</p> <p>V. Vegan Burger (Quorn Vegan Buttermilk Style) (GLUTEN – WHEAT), Sauteed Potatoes and Cucumber Sticks</p> <p>2. Cheese and Cucumber Wrap (GLUTEN -WHEAT, MILK), Nachos and Raisins</p> <p>A. Frozen Raspberry Yogurt (MILK) B. Fresh Fruit</p> | <p><u>Thursday</u></p> <p>1. Hawaiian Pizza (GLUTEN - WHEAT, SOYA, MILK, EGG), Sweetcorn and Mixed Salad</p> <p>V. Margherita Pizza (GLUTEN - WHEAT, SOYA, MILK, EGG), Sweetcorn and Mixed Salad</p> <p>2. Egg Mayo and Cress Brown Bread Sandwich (GLUTEN - WHEAT, BARLEY, OATS, RYE, EGG), Nachos and Raisins</p> <p>A. Chocolate and Banana Cake (GLUTEN - WHEAT, EGGS) B. Fresh Fruit</p> |
| <p><u>Tuesday</u></p> <p>1. Pork Meatballs (GLUTEN - WHEAT), Wholewheat Fusilli Pasta (GLUTEN - WHEAT) and Peas</p> <p>V. Meatless Meatballs (SOYA), Wholewheat Fusilli Pasta (GLUTEN - WHEAT) and Peas</p> <p>2. Coronation Chicken and Lettuce Wrap (GLUTEN - WHEAT), Nachos and Raisins</p> <p>A. Angel Delight (MILK) with Fruit Slices B. Fresh Fruit</p> | <p><u>Friday</u></p> <p>1. Cod Fish Fingers (GLUTEN - WHEAT, FISH), Chips, Baked Beans and Ketchup</p> <p>V. Vegan Quorn Nuggets (GLUTEN - WHEAT), Chips, Baked Beans and Ketchup</p> <p>2. Jacket Potato, Cheese (MILK), Baked Beans and Salad</p> <p>A. Apple Flapjack (GLUTEN - WHEAT, OATS, BARLEY) B. Fresh Fruit</p> |
| <p><u>Wednesday</u></p> <p>1. Roast Gammon, New Potatoes, Seasonal Vegetables and Gravy</p> <p>V. Vegan Quorn Fillet (GLUTEN - WHEAT), New Potatoes, Seasonal Vegetables and Gravy</p> <p>2. Jacket Potato, Baked Beans and Mixed Salad</p> <p>A. Blueberry Cupcakes (GLUTEN- WHEAT, EGGS) B. Fresh Fruit</p> | <p>Yogurt (MILK) and Bread (GLUTEN - WHEAT, RYE, BARLEY, OATS) available Daily</p> |