

Meat Free Monday

Main 1 (V): Cheese and Tomato Pizza [G, M, GFA]

Main 2 (V): Quorn Sausages and Mash [S]

Served with: Country Diced Potato [G] and Veg of the Day

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Oat and Banana Cookie [G, M, GFA]

Tuesday

Main 1: Chicken Korma Curry served with Rice and Naan Bread [G, M, GFA]

Main 2 (V): Tomato and Basil Pasta Bake [G, GFA]

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Strawberry Fool [M]

Prep Menu Wednesday

Main 1: Roast Gammon

Main 2 (V): Macaroni Cheese [G, M, E]

Served with: Roast Potatoes, Vegetables and Gravy

Pasta Bar with Tomato Sauce and Cheese

Baked Jacket with Cheese and Beans or Tuna

Pudding: Salted Caramel and Apple Pudding [G, E, M]

Thursday

Main 1: Beef Spaghetti Bolognese [G, GFA]

Main 2 (V): Cheese and Onion Roll with New Potatoes and Vegetables [G, M]

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Lemon Drizzle Cake [G, E]

Friday

Main 1: Breaded Turkey Burger [G, GFA]

Main 2 (V): Vegetarian Burger [G, GFA]

Served with: Skin-on Fries and Salad

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Rocky Road [G, M]

Everyday:

Salad Bar
Pasta Bar
Baked Jackets

Allergens:

C = Celery, G = Cereals wheat barley,

CR = Crustaceans, E = Eggs, F = Fish, L = Lupin,

M = Milk, Mo = Molluscs, MT = Mustard,

S = Soya, SD = Sulphur dioxide (e.g. preservatives),

GFA = Gluten Free Available

Week 1

W/C 28th February, 28th March



Meat Free Monday

Main 1 (V): Vegetarian Lasagne served with Garlic Bread [G, M, GFA]

Main 2: Vegetable Nuggets served with Mashed Potato and Vegetables [G, E]

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Blueberry Muffin [G, M]

Tuesday

Main 1: Sausage and Mash [GFA, G, S]

Main 2 (V): Vegetable Sausage and Mash [S, GFA]

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Fruit Jelly

Prep Menu Wednesday

Main 1: Roast Beef and Yorkshire Pudding [E, GFA, G, M]

Main 2 (V): Root Vegetable Pie [G, M, E]

Served with: Roast Potatoes and Seasonal Vegetables

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Chocolate Sponge with Chocolate Custard

Thursday

Main 1: Chicken Goujon Wrap [GFA, G, M]

Main 2 (V): Vegetable Finger Wrap [G]

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Nut Free Cherry Bakewell Tart [G, E, M]

Friday

Main 1: Breaded Fish Fingers [GFA]

Main 2 (V): Macaroni Cheese Bake [M, G]

Served with: Skin-on Fries and Peas

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Chocolate and Beetroot Brownie [G, E, M]

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Week 2 W/C 7th March, 4th April

Meat Free Monday

Main 1 (V): Fish Cake (GFA, G, E, M)

Main 2 (V): Veggie Hot Dog (S, G, GFA)

Served with: Mashed Potato and Peas

Pasta Bar with Tomato Sauce, Cheese or Tuna (G, M, F)

Baked Jacket with Cheese and Beans or Tuna (G, M, F)

Pudding: White Chocolate Cookie (G, M)

Tuesday

Main 1: Beef Lasagne with Garlic Bread (GFA, G, M)

Main 2 (V): Cheese Omelette (E, M)

Served with: Vegetables/Salad

Pasta Bar with Tomato Sauce, Cheese or Tuna (G, M, F)

Baked Jacket with Cheese and Beans or Tuna (G, M, F)

Pudding: Lemon Mousse (M)

Prep Menu Wednesday

Main 1: Roast Pork

Main 2 (V): Quorn Fillet (S)

Served with: Roast Potatoes and Vegetables

Pasta Bar with Tomato Sauce, Cheese or Tuna (G, M, F)

Baked Jacket with Cheese and Beans or Tuna (G, M, F)

Pudding: Raspberry and Coconut Steamed Pudding (G, E, M)

Thursday

Main 1: Ham Carbonara (GFA, G, M)

Main 2 (V): Margherita Pizza with Salad (G, M, GFA)

Pasta Bar with Tomato Sauce, Cheese or Tuna (G, M, F)

Baked Jacket with Cheese and Beans or Tuna (G, M, F)

Pudding: Banana Loaf (G, E, M)

Friday

Main 1: Sausage Roll (G, M, E, GFA)

Main 2 (V): Vegetable Samosa (G)

Served with: Wedges, Peas or Spaghetti Hoops

Pasta Bar with Tomato Sauce, Cheese or Tuna (G, M, F)

Baked Jacket with Cheese and Beans or Tuna (G, M, F)

Pudding: Tiffin Slice (G, M)

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Week 3 W/C 14th March

Meat Free Monday

Main 1: Meat Free 'Meat' Balls in Tomato Sauce [S, GFA]

Main 2 (V): Cheese and Tomato Slice [G, M]

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Baked Doughnut [G, M, E]

Tuesday

Main 1: Chinese Chicken served with Noodles [S, G]

Main 2: Spring Roll served with Noodles [S, G]

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Fresh Fruit Salad

Prep Menu

Wednesday

Main 1: Roast Turkey

Main 2 (V): Loaded Potato Skins [M]

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Apple and Sultana Crumble [G, M]

Thursday

Main 1: Shepherd's Pie served with Vegetables [G, M]

Main 2 (V): Vegetable Korma with Rice and Naan Bread [GFA]

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Pink Jam Slice [G, E, M]

Friday

Main 1: Battered Fish served with Chips and Peas [G, GFA]

Main 2 (V): Falafel Bites served with Rice [S]

Pasta Bar with Tomato Sauce, Cheese or Tuna [G, M, F]

Baked Jacket with Cheese and Beans or Tuna [G, M, F]

Pudding: Chocolate Concrete [G, M]

Everyday:

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Pasta Bar
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Week 4 W/C 21st March

