

# Meat Free Monday

**Main 1 (V):** Quorn Sausages with Mashed Potato and Gravy (S)

**Main 2 (V):** Roasted Vegetable Pasta (G, GFA)

**Served with:** Country Diced Potato (G) and Veg of the Day

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

**Pudding:** Oat and Banana Cookie (G, M, GFA)

# Tuesday

**Main 1:** Chicken and Spinach Korma Curry served with Rice and Naan Bread (G, M, GFA)

**Main 2 (V):** Vegetable Jambalaya

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

**Pudding:** Strawberry Fool (M)

# Senior Menu

## Wednesday

**Main 1:** Cumberland Sausage Roll (G, E, GFA)

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

**Served with:** Roasted Cube Potatoes and Minted Peas

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

**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, GFA)

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

**Pudding:** Lemon Drizzle Cake (G, E)

## Friday

**Main 1:** Beef Burger in a Pretzel Bun (S, G, E, GFA)

**Main 2 (V):** Vegetarian Burger (S, G, GFA)

**Served with:** Skin-on Fries, Coleslaw and Salad

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

**Pudding:** Rocky Road (G, M)

## Everyday:

Grab and Go Sandwiches  
Salad 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): Roasted Vegetable Lasagne served with Garlic Bread (G, M, GFA)

Main 2: Vegetable Nuggets served with New Potatoes and Peas (G)

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

Pudding: Blueberry Muffin (G, M)

## Tuesday

Main 1: Butcher's Sausage and Mash served with Onion Gravy (GFA, G, S)

Main 2 (V): Quorn Sausage and Mash (S, GFA)

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

Pudding: Fruit Jelly

# Senior Menu

## Wednesday

Main 1: Chilli Nachos served with Super Rice (GFA, G, S, M)

Main 2 (V): Root Vegetable Pie served with Roast Potatoes and Seasonal Vegetables (G, M, E)

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

Pudding: Chocolate Sponge with Chocolate Custard (G, E, M)

## Thursday

Main 1: Chicken Kofta served with Flatbread, Rice and Salad (GFA, G)

Main 2 (V): Pea and Spinach Pesto Pasta (GFA, G)

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

Pudding: Nut Free Cherry Bakewell Tart (G, E, M)

## Friday

Main 1: Baked Fish and Chips served with Peas (GFA, G, E)

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

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

Pudding: Chocolate and Beetroot Brownie (G, E, M)

## Everyday:

Grab and Go Sandwiches  
Salad Bar  
Baked Jackets

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





## Meat Free Monday

Main 1 (V): Breaded Fish Cake served with Mashed Potato and Vegetables (GFA, G, S, M)

Main 2 (V): Tomato and Pepper Penne Pasta (G, GFA)

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, E)

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

Served with: Vegetables/Salad

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

Pudding: Lemon Mousse (M)

# Senior Menu

## Wednesday

Main 1: Chicken and Leek Pie (GFA, G, E, M)

Main 2 (V): Cheese and Onion Pasty (M, G, E)

Served with: Roast Potatoes and Vegetables

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

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

## Thursday

Main 1: French Stick Pizza served with Cubed Potatoes and Salad (GFA, G, M)

Main 2 (V): Mac and Cheese Bake (G, M)

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

Pudding: Banana Loaf (G, E, M)

## Friday

Main 1: Jumbo Cheese and Pickle Sausage Roll served with Skin-on Fries and Vegetables (G, M, E, GFA)

Main 2 (V): Vegetable Curry with Rice and Samosa (GFA, G, E)

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

Pudding: Tiffin Slice (G, M)

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Salad Bar  
Baked Jackets

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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]: Quorn Chilli and Rice [S, E]

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

Pudding: Baked Doughnut [G, M, E]

## Tuesday

Main 1: Sweet and Sour Chicked served with Rice

Main 2: Stir Fry Noodles with Spring Rolls [G, E, S]

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

Pudding: Fresh Fruit Salad

# Senior Menu

## Wednesday

Main 1: Roast Turkey

Main 2 [V]: Vegetable Paella with Garlic Bread [GFA, G]

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: Minted Shepherd's Pie served with Roasted Vegetables [G, M]

Main 2 [V]: Vegetable Korma with Rice and Naan Bread [GFA, G]

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

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

## Friday

Main 1: Meatballs served in a Tomato Sauce with Penne Pasta [G, S, GFA]

Main 2 [V]: Falafel Kofta Kebab served with Coleslaw and Salad [G, GLA]

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

Pudding: Chocolate Concrete [G, M]

## Everyday:

Grab and Go Sandwiches  
Salad Bar  
Baked Jackets

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Week 4 W/C 21st March

