

## Meat Free Monday

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

Main 2 (V): Vegetable Korma served with Rice [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 and Cranberry Flapjack [G]

## Tuesday

Main 1: Ham and Mac Cheese [G, GFA, M]

Main 2 (V): Potato Dumplings in a Tomato Sauce

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

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

Pudding: Peach Eton Mess [E, G]

## Prep Menu Wednesday

Main 1: Bangers and Mash

Main 2 (V): Tomato Spaghetti [G, GFA]

Pasta Bar with Tomato Sauce and Cheese

Baked Jacket with Cheese and Beans or Tuna

Pudding: Coconut and Jam Sponge [G, GFA, M]

## Thursday

Main 1: Beef Spaghetti Bolognese [G, GFA]

Main 2 (V): Vegetable Chilli Nachos [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: Oat Raisin Cookie [G, M]

## Friday

Main 1: Chicken Nuggets [G, M]

Main 2 (V): Sweet Potato Bites [G, GFA]

Served with: Cubed Potatoes 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: Orange 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 25th April, 23rd May, 27th June





## Meat Free Monday

Main 1 (V): Chickpea Curry [G, GFA]

Main 2: Tomato and Cheese Pasta Bake [G, GFA, M]

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

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

Pudding: Vanilla Ice Cream with Flake [M]

## Tuesday

Main 1: Shepherd's Pie

Main 2 (V): Mac and Cheese [G, GFA, M]

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 Pork and Apple Sauce

Main 2 (V): Quorn Vegetable Bolognese [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: Apple and Sultana Cake [G, E]

## Thursday

Main 1: Fish Cake [F]

Main 2 (V): Vegetable Chilli Nachos [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: Blueberry Cookie [G, E, M]

## Friday

Main 1: Sweet and Sour Chicken and Rice [GFA]

Main 2 (V): Loaded Potato Skin with Cheese [GFA, M]

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

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

Pudding: Orange Chocolate Mousse [M]

Everyday:

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Pasta Bar  
Baked Jackets

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Week 2 W/C 2nd May, 6th June, 4th July





# Meat Free Monday

Main 1 (V): Quorn Bangers and Mash (GFA, E, M)

Main 2 (V): Vegetable Cottage Pie

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

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

Pudding: Coconut Lemon Bar (G)

# Tuesday

Main 1: Hot Dog

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

Served with: Wedges

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

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

Pudding: Black Forest Gateaux Pot (G, E, M)

# Prep Menu Wednesday

Main 1: Roast Gammon

Main 2 (V): Tomato Pasta Bake (M, 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: Toffee Frozen Yoghurt (G, M)

# Thursday

Main 1: Chicken Goujon (GFA, G, M)

Main 2 (V): Cheese and Potato Pie (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: Chocolate Brownie (G)

# Friday

Main 1: Beef Burger Slider (G, M, GFA)

Main 2 (V): Vegetable Burger (G)

Served with: Wedges (G, GFA) Peas and Coleslaw (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)

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Pasta Bar  
Baked Jackets

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Week 3 W/C 9th May, 13th June



## 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: Banoffee Pot [G, M]

## 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]

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Pasta Bar  
Baked Jackets

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Week 4 W/C 16th May, 20th June

