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| Week One | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Sausage and Mash | Pasta Bolognese | Roast Chicken Dinner | Cottage Pie | Fish, Chips and Peas |
| Vegetarian | Veggie Sausages | Quorn Bolognese | Quorn Roast | Macaroni Cheese | Fishless Fingers and Peas |
| Garnish | Peas, and Gravy | Garlic Bread, Tomato Salad, Grated Cheese | New Potatoes Cabbage, Carrots and Gravy | Carrots, Peas, and Gravy | Ketchup |
| Dessert | Yoghurt | Chocolate Cake with Chocolate Custard | Strawberry Jelly | Bramble Crumble with Custard | Fresh Fruit Selection |

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| Week two | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Sausage and Tomato Pasta | Meat and Potato Pie | Roast Gammon | Chicken Balti | Fish, Chips and Peas |
| Vegetarian | Tomato and Pepper Pasta | Hand-rolled Margherita Pizza | Cauliflower Cheese | Vegetable Balti | Fishless Fingers and Peas |
| Garnish | Garlic Bread, Grated Cheese, Salad | Tomato and Red Onion Salad and Garden Peas | Roasted Potatoes, Cabbage, Carrots and Gravy | Basmati Rice, Raita | Ketchup |
| Dessert | Yoghurt | Apple Crumble with Custard | Chocolate Mousse | Shortbread Biscuit | Fresh Fruit Selection |

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| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main | Lasagne | Pepperoni Pizza | Traditional Beef Dinner | Chicken Curry | Fish, Chips and Peas |
| Vegetarian | Leek and Potato Gratin | Marghertia Pizza | Quorn Roast | Spiced Basmati Rice and Peas | Fishless Fingers and Peas |
| Garnish | Sweetcorn, Peas, and Carrots | Potato Wedges and Coleslaw | Roast Potatoes Broccoli, Carrots and Gravy | Mini Naan and Raita | Ketchup |
| Dessert | Yoghurt | Bramble Crumble with Custard | Strawberry Jelly | Flapjack | Fresh Fruit Selection |

Allergen information

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Product** | **Celery** | **Gluten** | **Crustaceans** | **Egg** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Peanuts** | **Sesame** | **Soy** | **Sulphur Dioxide / Sulphites** | **Nuts** |
| Pork Sausage pasta ragu | X | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Tomato and Cannellini Bean Pasta |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Garlic Bread |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Grated Cheddar |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Sausage & Mash |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Yogurts |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Ham and Cheese Panini |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Cheese and Pineapple Panini |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Quorn Nuggets |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Chicken, beef, Gammon, Pork dinner with gravy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broccoli, Tomato and Cheddar Quiche |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Strawberry Jelly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Pilau Rice  | X |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta Bolognese |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Spinach & ricotta Tortellini |  | X |  | X |  |  | X |  |  |  |  | MC |  |  |
| Strawberry and Apple Crumble and custard |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Fish, Chips and Peas  |  | X |  |  | X |  |  |  |  |  |  |  |  |  |
| Chocolate cake and Custard |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Tomato Ketchup |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mayonnaise  |  |  |  | X |  |  |  |  |  |  |  |  |  |  |
| Quorn Roast |  |  |  | X |  |  | X |  |  |  |  |  |  |  |
| Cottage Pie |  |  |  | X |  |  | X |  |  |  |  |  |  |  |
| Fishless Fingers |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable Sausage | X | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Apple Crumble and Custard |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Cauliflower Cheese  |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Chocolate Mousse |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Meat & Potato Pie |  | X |  | X |  |  |  |  |  |  |  |  |  |  |
| **Product** | **Celery** | **Gluten** | **Crustaceans** | **Egg** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Peanuts** | **Sesame** | **Soy** | **Sulphur Dioxide / Sulphites** | **Nuts** |
| Macaroni Cheese |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Chicken Balti | X |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable Balti | X |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Margherita Pizza |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Pepperoni Pizza |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Fish Fingers  |  | X |  |  | X |  |  |  |  |  |  |  |  |  |
| Shortbread Biscuit |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Bramble Crumble and Custard |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Mediterranean Vegetable Quiche |  | X |  | X |  |  | X |  |  |  |  |  |  |  |
| Lasagne |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Leek & Potato Gratin | X |  |  | X |  |  | X |  |  |  |  |  |  |  |
| Coleslaw |  |  |  | X |  |  |  |  |  |  |  |  |  |  |
| Flapjack |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Spiced Basmati Rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mini Naan Bread |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Raita |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Tuna Sandwich |  | X |  | X |  |  |  |  |  |  |  |  |  |  |
| Cheese Sandwich |  | X |  |  |  |  | X |  |  |  |  |  |  |  |
| Ham Sandwich |  | X |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacket Potato beans and cheese  |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| Wholemeal Bread |  | X |  |  |  |  |  |  |  |  |  |  |  |  |

The 14 allergens are: **celery**, **cereals containing gluten** (such as barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide and sulphites** (if they are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios and macadamia nuts).

MC : May contain