

## Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection Of Cereals, Porridge, And Toast				
<b>Morning Snack</b>	Seasonal Fresh Fruit				
<b>Lunch</b>	<p><b>ITALIAN MEATBALLS</b> Pork &amp; beef meatballs cooked in a homemade tomato &amp; basil sauce, served with rice, cucumber &amp; carrot sticks. <b>(E)</b></p> <p><b>ITALIAN MEAT FREE BALLS</b> Vegetarian balls cooked in a homemade tomato &amp; basil sauce, served with rice, cucumber &amp; carrot sticks. <b>(S)</b></p>	<p><b>HOMEMADE FISHCAKES</b> White fish and potato patties served with broccoli and carrots. <b>(F, C)</b></p> <p><b>VEGGIE CAKES</b> Vegetable and potato patties served with broccoli and carrots. <b>(C)</b></p>	<p><b>COTTAGE PIE</b> Cottage pie topped with sweet potato mash served with sliced green beans.</p> <p><b>QUORN COTTAGE PIE</b> Quorn cottage pie topped with sweet potato mash served with sliced green beans. <b>(S) (M)</b></p>	<p><b>PENNE ARRABBIATA</b> Penne pasta mixed in our home cooked Arrabbiata sauce served with carrot and cucumber sticks.</p>	<p><b>ROAST CHICKEN DINNER</b> Roast chicken served with baby potatoes and mixed country vegetables.</p> <p><b>QUORN STYLE ROAST CHICKEN DINNER</b> Quorn style roast chicken served with baby potatoes and mixed country vegetables. <b>(S) (M)</b></p>
<b>Dessert</b>	Seasonal Fresh Fruit or Natural Yogurt <b>(M)</b>				
<b>Afternoon Tea</b>	Omelette with a choice of toppings <b>(E)</b>	Chicken Quesadillas <b>(M)</b>	Homemade pizza with a choice of toppings <b>(M)</b>	Pitta pockets with a choice of fillings <b>(M)</b>	Homemade tomato soup with a wholemeal bread roll. <b>(M)</b>
<b>Dessert</b>	Seasonal Fresh Fruit or Natural Yogurt <b>(M)</b>				

All meals can be adapted to meet the children's dietary, cultural, or medical needs.

### Allergen Codes

**CE = Celery, C = Cereal, CR = Crustacean, E = Egg, F = Fish, L = Lupin, M = Milk, MO = Mollusc, MU = Mustard, N = Nut, P = Peanut, SE = Sesame, S = Soya, SU = Sulphur**





## Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection Of Cereals, Porridge, And Toast				
<b>Morning Snack</b>	Seasonal Fresh Fruit				
<b>Lunch</b>	<p><b>BEEF SPAGHETTI BOLOGNESE</b> Minced beef cooked in our homemade Bolognese sauce, served with spaghetti &amp; garlic bread. <b>(C)</b></p> <p><b>QUORN SPAGHETTI BOLOGNESE</b> Quorn mince cooked in our homemade Bolognese sauce, served with spaghetti &amp; garlic bread. <b>(C, E)</b></p>	<p><b>CHILLI CON CARNE</b> Minced turkey served in a homemade light chilli sauce, served with rice and pitta bread.</p> <p><b>CHILLI NON-CARNE</b> Quorn style mince served in a homemade light chilli sauce, served with rice and pitta bread.</p>	<p><b>TUNA PASTA BAKE</b> <b>Flaked tuna in a</b> homemade creamy pasta sauce, served with broccoli. <b>(F)</b></p> <p><b>VEGETABLE PASTA BAKE</b> Mixed vegetables served in a homemade pasta sauce.</p>	<p><b>FIVE BEAN TAGINE</b> Mixed beans cooked with Mediterranean vegetables served with cous cous.</p>	<p><b>MILD CHICKEN CURRY</b> Chicken breast cooked in a mild and fruity curry sauce served with rice.</p> <p><b>QUORN STYLE CHICKEN CURRY</b> Quorn style chicken cooked in a mild and fruity curry sauce served with rice.</p>
<b>Dessert</b>	Seasonal Fresh Fruit or Natural Yogurt <b>(M)</b>				
<b>Afternoon Tea</b>	Cheese and tomato omelette <b>(E) (M)</b>	Minestrone soup with a wholemeal roll <b>(M)</b>	Homemade pizza with a choice of toppings <b>(M)</b>	Pitta pockets with a choice of fillings <b>(M)</b>	Vegetable Quesadillas <b>(M)</b>
<b>Dessert</b>	Seasonal Fresh Fruit or Natural Yogurt <b>(M)</b>				

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection Of Cereals, Porridge, And Toast				
<b>Morning Snack</b>	Seasonal Fresh Fruit				
<b>Lunch</b>	<p><b>CHICKEN BIRYANI</b> Diced chicken breast and vegetables mixed with lightly spiced long grain rice, served with salad sticks.</p> <p><b>QUORN STYLE CHICKEN BIRYANI</b> Diced Quorn style chicken and vegetables mixed with lightly spiced long grain rice, served with salad sticks. <b>(E)</b></p>	<p><b>BEEF LASAGNE</b> Minced beef lasagne served with salad vegetables and flatbread.</p> <p><b>QUORN LASAGNE</b> Minced beef lasagne served with salad vegetables and flatbread.</p>	<p><b>TURKEY GOUJONS</b> Turkey breast goujons served with baby potatoes and sweetcorn.</p> <p><b>QUORN STYLE TURKEY GOUJONS</b> Quorn style turkey goujons served with baby potatoes and sweetcorn.</p>	<p><b>FISH PIE</b> White fish and vegetables in a creamy sauce topped with carrot and swede mash served with cauliflower and broccoli.</p> <p><b>VEGETABLE PIE</b> Mixed vegetables in a creamy sauce topped with carrot and swede mash served with cauliflower and broccoli.</p>	<p><b>AFRICAN SWEET POTATO STEW</b> Sweet potato cooked with mixed beans and peppers served in a tomato sauce and flatbread.</p>
<b>Dessert</b>	Seasonal Fresh Fruit or Natural Yogurt <b>(M)</b>				
<b>Afternoon Tea</b>	Five bean Tagine	Tomato soup served with wholemeal bread rolls	Homemade muffin top pizza	Homemade sweet & sour chicken served with rice	Pitta pockets with a choice of fillings
<b>Dessert</b>	Seasonal Fresh Fruit or Natural Yogurt <b>(M)</b>				

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