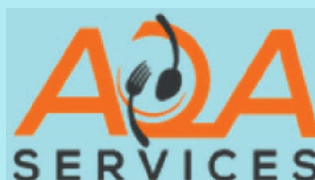


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A Gluten **B** Crustaceans **C** Molluscs **D** Fish **E** Peanuts **F** Nuts **G** Eggs
H Soybeans **I** Milk **J** Celery **K** Mustard **L** Lupin **M** Sesame **N** Sulphur Dioxide

Week 1

3rd Jan / 21st Feb

Week 2

10th Jan / 28th Feb

Monday

Meat free day

- ✓ Penne pasta bake served with sweetcorn and carrots (A, I, J)
- ✓ Jacket Potato with a choice of cheese/beans (A, I)
- S Seasonal Salad
- D Seasonal Fruit

Meat free day

- ✓ Lentil dhal curry served with Bombay potato & basmati rice (A)
- ✓ Jacket Potato with a choice of cheese/beans (A, I)
- S Salad
- D Sliced Fruit

Tuesday

- M Grilled chicken burger served with herby diced potatoes & slaw (A, G, I)
- ✓ Veggie burger served with herby diced potatoes & slaw (A, G, I)
- S Salad
- D Rhubarb & pear crumble with custard (A, I)

- M Cajun chicken pasta bake served with green beans & carrots (A, I, J)
- ✓ Macaroni cheese served with green beans & carrots (A, I)
- S Salad
- D Pineapple cake (A, G, I)

Wednesday

- M Traditional meat cottage pie served with broccoli and gravy (J)
- ✓ Shepherdess lentil pie served with broccoli and gravy (J)
- S Salad
- D Fruit slices & digestive biscuits

- M Diced beef masala curry & boiled rice served with broccoli & peas (A, J)
- ✓ Pot broccoli and cheese crustless quiche (A, G, I)
- S Salad
- D Fruit Slices & Ice Cream (I)

Thursday

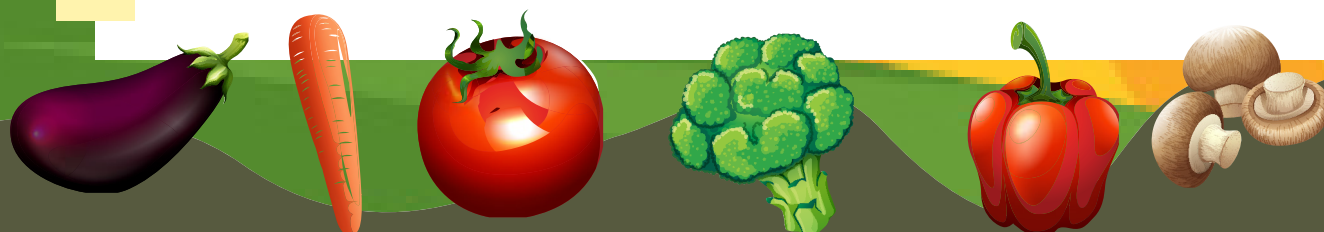
- M Chicken curry & butternut squash served with authentic basmati rice (A)
- ✓ Roasted butternut squash curry served with authentic basmati rice (A)
- S Salad
- D Peach cake (A, G, I)

- M Peri peri chicken served with roast potatoes, carrots & sweetcorn
- ✓ Vegetable stir fried rice (A, H)
- S Salad
- D Chocolate oat cookie or sliced fruit (A, I)

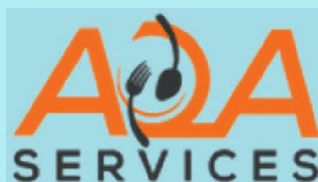
Friday

- M Fish fingers served with steak cut chips & steamed mixed vegetables or baked beans (A, D)
- ✓ Jacket Potato with a choice of beans (A)
- S Salad
- D Sliced fruit

- M Golden Fish Fingers Served with Chips & Baked Beans (A, D)
- ✓ Cheese & tomato sandwiches (A, I)
- S Salad
- D Fruit Cocktail



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Week 3

17th Jan / 7th Mar

Week 4

24th Jan / 14 Mar

Meat free day

Monday

- ✓ Spaghetti served with tomato sauce, cheese & sweet corn (A, I)
- ✓ Baked Jacket Potato with a choice of cheese/beans (A, I)
- S Salad
- D Sliced Fruit

Meat free day

- ✓ Macaroni cheese served with roasted broccoli (A, I)
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Sliced fruit

Tuesday

- M BBQ spiced chicken served with lemon rice or roasted potatoes (A)
- ✓ Potato gratin served with lemon rice (A, I)
- S Salad
- D Beetroot and chocolate sponge cake with custard (A, G, I)

- M Meat burger served with oven baked wedges (A, I)
- ✓ Vegetable/Bean burger with oven baked wedges (A)
- S Fresh green salad
- D Apple cake served with custard (A, G, I)

Wednesday

- M Meat lasagne served with roasted vegetables (A, I, J)
- ✓ Vegetable lasagne served with roasted vegetables (A, I, J)
- S Salad
- D Jelly

- M Classic chicken and mushroom pie served with mash potato & glazed carrots (A, I)
- ✓ Mushroom leek pie served with mash potato & glazed carrots (A, I)
- S Fresh salad
- D Sliced fruit & crackers with cream cheese (A, I)

Thursday

- M BBQ chicken pizza served with sweetcorn and slaw (A, I)
- ✓ Margarita pizza served with seasoned vegetables (A, I)
- S Salad
- D Ice cream & fruit (I)

- M Chicken biryani served with raita (A, I)
- ✓ Vegetable biryani served with raita (A, I)
- S Fresh salad
- D Yoghurt & digestive biscuits

Friday

- M Fish fingers served with homemade chips & green peas (A, D)
- ✓ Stir fried vegetable noodles (A)
- S Salad
- D Apple crumble served with custard (A, I)

- M Fish fingers served with homemade chips & steamed vegetables (A, D)
- ✓ Pasta bake served with steamed vegetables (A, I, J)
- S Green salad
- D Sliced fruit



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Week 5

31st Jan / 21st Mar

Week 6

7th Feb / 28th Mar

Monday

Meat free day

- ✓ Linguine pasta served in a tomato and basil sauce served with green beans (A, I, J)
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Sliced fruits

Meat free day

- ✓ Cheese & potato pie served with seasonal vegetables (A, I)
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Fresh salad
- D Seasonal sliced fruit

Tuesday

- M Jerk chicken served with basmati rice and green peas (A)
- ✓ Savoury rice (A)
- S Fresh green salad
- D Chocolate orange cake (A, G, I)

- M Tandoori chicken pizza served with garlic Bread (A, I)
- ✓ Vegetable pizza served with garlic bread (A, I)
- S Slaw (G, I)
- D Chocolate brownie (A, G, I)

Wednesday

- M Bangers and mash served with baked beans (A, I)
- ✓ Rainbow salad wrap with cheese (A, I)
- S Fresh mix salad (I)
- D Jelly with whipped cream (I)

- M Spaghetti Bolognese served with peas (A, I)
- ✓ Vegetable stir fried noodles served with peas (A, I)
- S Salad
- D Sliced mixed fruit

Thursday

- M Sweet and sour chicken served with chow mein noodles and broccoli (A, I)
- ✓ Grilled cheese sandwich served with slaw (A, G, I)
- S Fresh green salad
- D Flapjack or sliced fruit (A, I)

- M Rosemary & lemon flavoured chicken served with turmeric rice, sweetcorn, green beans and gravy (A)
- ✓ Chick pea curry served with bread or rice (A)
- S Salad sticks
- D Courgette cake with lemon drizzle (A, G, I)

Friday

- M Fish fingers served with homemade chips & baked beans (A, D)
- ✓ Pizza baguette served with chips & beans (A, I)
- S Fresh green salad
- D Fresh fruit with ice cream (I)

- M Fish fingers & homemade chips served with mushy peas (A, D)
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Fresh salad
- D Fruit slices and crackers with cheese spread (A, I)

