Week 1 Autumn and winter	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main meal of the day Vegetarian Meals	Chicken Rogan Josh Vegetarian Nachos served with grated cheese jalapenos	Southern Fried Chicken fillet Served on a barm and side salad Tomato and basil sauce served with penne pasta	Roast Chicken dinner Cheese and onion bake slice hot snack PIZZA TWIST	Beef burgers Served on a barm and side salad or onions Vegetarian stew served with dumplings	Fish fingers Served with French fries Veggie burgers served with beans
Halal	Chefs' choice Curry	Chicken fillet	Roast chicken dinner	Beef burgers	Halal pasta chefs' choice
Starchy Foods	50/50 Rice	Garlic slice	Roast potatoes	Mash	Chips
Vegetables / Salad	Salad	Mixed salad	Salad Mixed vegetables	Mixed Salad Mixed vegetables	Beans
Hot snack pods only	Panini Pizza - Tomato	Pizza twist	Panini	Pizza twist	Panini Cajun chicken
Desserts	Chefs' choice fruit pots	Homemade Brownie	Strawberry jelly	oat cookies	Chocolate Crunch

WEEK 2 Autumn and winter	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meals Vegetarian Meals	Chicken Katsu Served with samosa Cheese omelettes served with hash browns	Meat ball Pasta Vegetarian hotdogs served with wedges	Roast Beef Dinner Served with Yorkshire puddings Tomato and mascarpone pasta bake	Bolognaise beef served with penne pasta Quorn sausage served with mash	Breaded Fish fingers Vegetarian Quorn style meat balls
Halal	Chicken Katsu curry	Meat ball pasta	Roast chicken dinner	Bolognaise beef served with penne pasta	Chefs choice pasta
Starchy Foods	Mash	Pasta Wedges	Mash Pasta	Pasta Garlic bread	Chips
Vegetables / Salad	Mixed vegetables Baked beans	Mixed salad Savoury rice	Chefs choice vegetables	Mixed vegetables	Beans
Hot snack pods only	Panini Pizza - Tomato	Pizza twist	Panini Pizza - Tomato	Pizza twist	Chicken Panini
Desserts	Grape apple bags	Apple crumble	Jam sponge	Jelly pots	Yogurts

Week 3 Autumn and winter	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meals Vegetarian Meals	Chicken pasta served in Tomato and basil sauce Vegetarian Sausage served with Yorkshire pudding	Southern fried chicken Goujons (snack pot) Cottage pie	British favourite Pork sausage served with mash beans gluten free choice Tomato and basil sauce served with penne pasta	Chicken southern fried burger served with BBQ sauce and jalapenos Vegetarian tikka masala	Breaded Fish fillet served with fries Mexican bean Chilli
Halal	chicken pasta	Goujons (snack pot)	Roast Chicken Dinner	Chicken fillet	Chefs choice chicken pasta
Starchy Foods	Pasta Mash	Mash	Mash 50/50 Rice	Rice	Chips 50/50 rice Mixed salad
Vegetables / Salad	Mixed vegetables	Beans	Chefs choice vegetables	Salad	Beans
Pods snack hot	Panini Pizza - Tomato	Pizza twist	Panini Pizza - Tomato	Pizza twist	Cajun chicken Panini
Desserts	Melon or grape pots	Strawberry mousse	Chocolate crunch	Jelly	Homemade shortbread

Allergens number	Pictures
1, Celery	
2, Crustacean e.g. prawns	
3, Eggs	
4, Fish	
5, Gluten	
6, Lupin e.g. cakes , bread	
7, Milk	
8, Molluscs e.g. Oysters	
9, Mustard	
10, Peanut	
11, Sesame	
12, Soya	
13, Sulphites	
14, Tree nuts e.g. walnut	

1 Celery,2 Crustacean,3 Eggs, 4 Fish, 5 Gluten,6 Lupin,7 Milk , 8 Molluscs, 9 Mustard , 10 Peanut, 11 Sesame, 12 Soya , 13 Sulphites, 14 Tree nuts

GLUTEN FREE MENUS	Chicken Jalfrezi (NO SAMOS) **Rogan Josh** **Chilli** Nachos served with grated cheese	**Cottage pie** **Beef mince** **Gluten free sausages mash beans**	Roast CHICKEN Dinner **ROAST BEEF DINNER** **Gravy is gluten free**	Tender chicken strips	Breaded Fish fingers chips and mushy peas
GLUTEN FREE	Vegetables Beans	Pizza see cook manager	Pasta gluten free see manager	Chicken in tomato and basil sauce	Beef chilli Beef Bolognese
Desserts GLUTEN FREE	Grape apple bags	Watermelon	Yogurts	Jelly pots	Ice cream

GLUTEN FREE ITEMS ONLY always ASK management FOR ADVICE separate food menu check each day