

Week 1 9/11 30/11	Monday	Tuesday	Wednesday	Thursday	Friday
Meat choice	Cottage pie with seasonal vegetables	Hot dog herby potatoes and baked beans	Roast pork, roast potatoes and seasonal vegetables	Beef burger in a bun with jacket wedges and beans or salad	Salmon fish cakes with oven baked chips and garden peas.
		  		 	 
Vegetarian Choice	Tomato and fresh basil bake	Vegan hot dog with herby potatoes and baked beans	Veggie plant (vegan) balls with tomato sauce and spaghetti	Vegan burger in a bun with wedges, beans or salad	Quorn sausage with oven baked chips and peas
		 	 	 	 
Dessert	Carrot cake	Fruit jelly and ice cream	Fruity flapjack	Chocolate raisin and vanilla shortbread	Lemon drizzle cake
	 				 
Available Daily	Homemade fresh bread 	Homemade fresh bread 	Homemade fresh bread 	Homemade fresh bread 	Homemade fresh bread 
	Jacket potato cheese & beans 	Jacket potato cheese & beans 	Jacket potato cheese & beans 	Jacket potato cheese & beans 	Jacket potato cheese & beans 

						
Molluscs	Lupin	Egg	Peanut	Treenuts	Sesame	Milk
						
Gluten	Mustard	Fish	Crustaceans	Sulphur Dioxide	Celery	Soyabean

Week 2 16/11 7/12	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Choice	Salmon pasta bake with wholemeal pasta cheeses sauce seasonal vegetables	Jacket potato with tuna mayo and salad	Roast chicken, roast potatoes and seasonal vegetables	Homemade Pizza Day with jacket wedges	Oven baked cod fish fingers with oven baked chips and peas
	  	 		 	 
Vegetarian Choice	Veggie lasagne with vegetables	Jacket potato with cheese, beans and salad	Vegetarian Pie with roast potatoes and vegetables	Homemade pizza and jacket wedges	Cheese and bean wrap with oven baked chips and peas
	 		  	 	 
Dessert	Sticky apple and date cake	Fresh fruit with yogurt	Fruit flapjack	Seasonal fresh fruit and cream	Chocolate crunch with raisins
					
Available Daily	Homemade fresh bread 	Homemade fresh bread 	Homemade fresh bread 	Homemade fresh bread 	Homemade fresh bread 
	Jacket potato cheese & beans 	Jacket potato cheese & beans 	Jacket potato cheese & beans 	Jacket potato cheese & beans 	Jacket potato cheese & beans 

						
Molluscs	Lupin	Egg	Peanut	Treenuts	Sesame	Milk
						
Gluten	Mustard	Fish	Crustaceans	Sulphur Dioxide	Celery	Soyabean

Week 3 2/11 23/11 14/12	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Choice	Beef lasagne with seasonal vegetables	Sausage pie with mashed potato and seasonal vegetables	Roast Gammon with new potatoes and seasonal vegetables	Chicken noodles with stir-fry vegetables	Battered cod, oven baked chips and garden peas
	 				 
Vegetarian Choice	Vegan meat balls in tomato sauce with pasta and seasonal vegetables	Vegan hot dog herb potatoes and baked beans	Nutless nut roast with new potatoes and seasonal vegetables	Jacket potato with cheese and beans	Veggie burger in a bun with oven baked chips and garden peas
		 	 		 
Dessert	Ginger cake	Seasonal fruit with cream	Cranberry shortbread	Apple and date slice	Oat & raspberry cookie
	 				
Available Daily	Homemade fresh bread 	Homemade fresh bread 	Homemade fresh bread 	Homemade fresh bread 	Homemade fresh bread 
	Jacket potato cheese & beans 	Jacket potato cheese & beans 	Jacket potato cheese & beans 	Jacket potato cheese & beans 	Jacket potato cheese & beans 

						
Molluscs	Lupin	Egg	Peanut	Treenuts	Sesame	Milk
						
Gluten	Mustard	Fish	Crustaceans	Sulphur Dioxide	Celery	Soyabean