

3rd November, 24th November, 15th December, 19th January, 9th February, 9th March

MONDAY

Opt 1 Margherita Pizza (Cheese & Tomato) (V, EF)

Opt 2 Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

> Sweetcorn & **Baked Beans**

Flapjack & Raisins (V. EF. DF)

TUESDAY

Opt 1 Pork Sausages (EF,

Opt 2 Veggie Sausage

Mashed Potatoes, Peas & Green Beans & Gravy

Chocolate & Mandarin Brownie (V, DF)

WEDNESDAY

Opt 1 Roast Chicken (GF, EF, DF)

Opt 2 Vegetarian Quorn Roast (V. GF)

> Roast Potatoes, Yorkshire Pudding Curly Cabbage & Carrots

Cinnamon Cookie (V, EF)

THURSDAY

Opt 1 Chicken, Tomato & Pepper Pasta (EF. DF) Opt 2 Pizza Pinwheel (V. EF) with New Potatoes

Opt 3 Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

Sweetcorn

Vanilla Sponge Cake (V, DF)

FRIDAY

Opt 1Fish Fingers (DF, EF) Opt 2 Veggie Samosa's

> Chips or Pasta Peas &

Baked Beans

Vanilla Ice Cream (V, GF, EF) with Peaches

WEEK TWO

10th November, 1st December, 5th January, 26th January, 23rd February, 16th March

MONDAY

Opt 1 Margherita Pizza (Cheese & Tomato) (V, EF)

Opt 2 Rustic Tomato Pasta

Sweetcorn & Baked Beans

> Cherry (V, EF)

TUESDAY

Opt 1 Meatballs in a Tomato Sauce (GF, DF, EF) Opt 2 Veggie Meatballs in a Tomato Sauce (V. EF.

Opt 3 Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

Pasta, Vegetable Medley

Chocolate Cornflake Cake (V, DF, EF)

WEDNESDAY

Opt1 Roast Chicken Breast Opt 2 Vegetarian Quorn

Yorkshire Pudding, Roast Potatoes & Gravy Carrots & Cauliflower

> Strawberry Jelly (V, GF, DF, EF) with Peaches

THURSDAY

Opt 1 Sweet & Sour Chicken (GF, EF, DF) with Rice

Opt 2 Mac 'n' Cheese (V,

Opt 3 Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

Peas & Green Beans

Lemon Drizzle Cake

FRIDAY

Opt 1 Fish Bites (Ef, DF) Opt 2 Veggie Sausage Roll

> French Fries or Pasta **Baked Beans** or Peas

with an Orange Wedge

WEEK THREE 17th November, 8th December, 12th January, 2nd January, 2nd March, 23rd March

MONDAY

Opt 1 Margherita Pizza (Cheese & Tomato) (V, EF)

Opt 2 Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

Sweetcorn

Golden Cornflake Cookie (V, EF, DF) with Mandarins

TUESDAY

Opt 1 Chicken Nuggets (EF. DF)

Opt 2 Crispy Veggie Dippers (VG)

Oven Baked Potato Wedges, Broccoli & **Baked Beans**

Iced Sprinkle Cake (V, DF)

WEDNESDAY

Opt 1 Roast Loin of Pork (GF, DF, EF) Opt 2 Vegetarian Quorn Roast (V. GF)

Roast Potatoes & Yorkshire Pudding with Gravy

Savoy Cabbage & Carrots Sultana & Syrup Cookie

(V. EF)

THURSDAY

Opt 1 Cottage Pie (GF, DF, EF) Opt 2 Spinach & Potato Curry (VG)

Opt 3 Jacket Potato with Cheese (V, GF, EF) or Baked Beans (VG, GF)

Vegetable Medley

Melting Moment (V, DF EF), with Pineapple

FRIDAY

Opt 1Fish Fingers (DF, EF) Opt 2 Vegetable Spring Rolls (VG. GF)

> Chips or Pasta Peas & **Baked Beans**

Iced Fruit Smoothie (V. GF. EF. DF)

Available Daily - Fresh bread, Salad Bar, and lots of Fresh water, as well as a choice of natural yoghurt, or fresh fruit as an alternative to dessert

Allergy advice — All our food is prepared in a kitchen where any of the 14 Allergens may be present, and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergeninformation is available from your school. Any fish we serve will vary depending on availability.

We only select fish from sustainable sources.

