

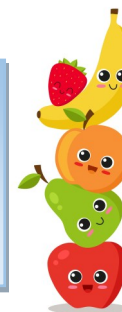


Lunch Menu

Week 1 GF

Available daily:

Fresh fruit, water and yoghurts.
Wholegrain Basil & Tomato Pasta
Bread



MONDAY



Jacket Potato

Packed Lunch

Farmhouse Veg

Sweetcorn

Ice Cream with Fruit Cocktail **M**

TUESDAY



Wholemeal Spaghetti
Bolognese (**GF Pasta**)

Wholemeal Quorn Bolognese
(**V**) (**G F Pasta**)

Mixed Vegetables
Green Beans

Fresh Fruit

WEDNESDAY



Roast Chicken with Roast
Potatoes and Gravy

Jacket Potato

Savoy Cabbage
Diced Carrots

Fruit Yoghurt

THURSDAY



G F Pork Sausage with

Wedges ,

Jacket Potato

Baked Beans

Sweetcorn

Gluten Free Pudding

FRIDAY



G F Fish and Chips **F**,

Jacket Potato

Garden Peas
Baked Beans

Gluten Free Pudding

Other options available EVERY DAY:

Jacket Potato

Choose from:

Beans, Cheese, Salmon or Tuna served
with a Side Salad.

Packed Lunch:

Ham, Cheese or Tuna Mayo Filling
on Bread, Wrap or Bap
Contents of Packed Lunch: Sandwich,
Wrap or Bap, Yoghurt, dessert of day,
raisins or fruit.

Allergens: celery, cereals, crustaceans, eggs,
fish, lupin, milk, sesame, molluscs, mustard,
peanuts, soya, sulphites and gluten.



Key: G—contains gluten M—contains milk
C—contains celery powder S—contains soya

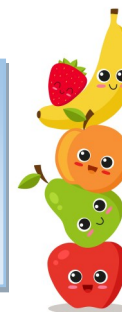


Lunch Menu

Week 2

Available daily:

Fresh fruit, water, yoghurts,
Wholegrain Basil & Tomato Pasta
Bread



MONDAY



Jacket Potato

Packed Lunch

Mixed Vegetables

Green Beans

Ice Cream with Peaches **M**

TUESDAY



Cottage Pie **M**

Shepherdess Pie **(V) S,M**

Sweetcorn

Peas

Fresh Fruit

WEDNESDAY



Roast Chicken with Roast

Potatoes and Gravy

Quorn Roast with Roast Potatoes **(V) E,M**

Cabbage

Diced Carrot

Gluten Free Pudding

THURSDAY



Jacket Potato

Packed Lunch

Sweetcorn

Country Vegetables

Fruit Yoghurt

FRIDAY



G F Fish and Chips **F,**

Jacket Potato

Garden Peas

Baked Beans

Gluten Free Pudding

Other options available EVERY DAY:

Jacket Potato

Choose from:

Beans, Cheese, Salmon or
Tuna served with a Side Salad.

Packed Lunch:

Ham, Cheese or Tuna Mayo Filling
on Bread, Wrap or Bap

Contents of Packed Lunch: Sandwich,
Wrap or Bap, Yoghurt,

Pudding of Day, Raisins or Fruit.

Allergens: celery, cereals, crustaceans, eggs,
fish, lupin, milk, sesame, molluscs, mustard,
peanuts, soya, sulphites and gluten.



Key: G—contains gluten M—contains milk
C—contains celery powder S—contains soya

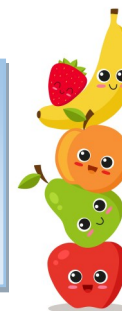


Lunch Menu

Week 3

Available daily:

Fresh fruit, water and yoghurts.
Wholemeal Basil & Tomato Pasta
Bread



MONDAY



Jacket Potato

Packed Lunch

Green Beans

Sweetcorn

Jelly with Mandarins

TUESDAY



Sticky Sesame Chicken with
Savoury Rice **S**

Sticky Sesame Quorn with
Savoury Rice (**V**) **S**

Peas
Mixed Vegetables

Fresh fruit

WEDNESDAY



Roast Chicken with Roast
Potatoes and Gravy

Jacket Potato

Cabbage
Diced Carrot

G F Pudding

THURSDAY



Packed Lunch

Jacket Potato

Country Vegetables

Sweetcorn

G F Pudding

FRIDAY



G F Fish and Chips **F**

Jacket Potato

Garden Peas
Baked Beans

Fruit Yoghurt

Other options available EVERY DAY:

Jacket Potato

Choose from:

Beans, Cheese, Salmon or Tuna
served with a Side Salad.

Packed Lunch:

Ham, Cheese or Tuna Mayo Filling on
Bread, Wrap or Bap

Contents of Packed Lunch: Sandwich, Wrap or
Bap, Yoghurt, fruit or raisins and Pudding of
day,

Allergens: celery, cereals, crustaceans, eggs, fish,
lupin, milk, sesame, molluscs, mustard, peanuts,
soya, sulphites & gluten



Key: G—contains gluten M—contains milk
C—contains celery powder S—contains soya