



Week 1

- G**- Contains gluten
- D**- Contains dairy
- E**- Contains egg
- F**- Contains fish

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains	<i>Meat Free Monday</i> Garlic ciabatta pizzas with potato balls GD	Chicken and sweetcorn gravy pie with mash potatoes GD	Beef stew and dumplings GD	Spaghetti bolognese with garlic bread GD	<i>Fishy Friday</i> Classic fish and chips and ketchup GDF
Vegetarian Option	Tomato and basil pasta G with garlic bread GD	Quorn sweetcorn gravy pie with mash potatoes GD	Vegetarian stew and dumplings GD	Quorn bolognese with garlic bread GD	Quorn sausage with chips and ketchup G
Vegetable Jacket Potato Choice	Sweetcorn Cheese D and beans	Carrots Tuna EF Cheese D and beans	Red cabbage Cheese D and beans	Carrots Tuna EF Cheese D And beans	Garden peas Cheese D And beans
Salad and Deli Bar	Deli Counter and a selection of fruit Freshly Baked Bread GD	Deli Counter and a selection of fruit Freshly Baked Bread GD	Deli Counter and a selection of fruit Freshly Baked Bread GD	Deli Counter and a selection of fruit Freshly Baked Bread GD	Deli Counter and a selection of fruit Freshly Baked Bread GD
Dessert	Cheese and crackers GD	Carrot cake with cheese topping GDE	Choc chip Cookies G	Syrup sponge cake and custard GDE	Ice cream And melon D