

2022/23 WEEKS BEGINNING 5/9, 19/9, 3/10, 17/10, 7/11, 21/11, 5/12

Monday	
M	Sausage roll, croquette potatoes, peas & sweetcorn Gluten, dairy soya, sulphur dioxide
V	Macaroni cheese, with crusty bread, peas & sweetcorn Dairy, gluten
O	Jacket potato with salad bar:- Cheese Tuna Baked beans Dairy Fish, egg
D	Chocolate cake with chocolate sauce Gluten, eggs, dairy (may contain nuts)
Tuesday	
M	Roast chicken, roast potatoes, carrots, peas (and gravy) Gravy celery
V	Stuffed vegetable parcel, roast potatoes, carrots, peas (and gravy) Gluten, dairy, gravy only celery Jacket potato with salad bar:-
O	Cheese Tuna Dairy Fish, egg Plain shortbread Gluten
Wednesday	
M	Breaded chicken in a burger bun with lettuce and tomato, baked beans Gluten, soya, eggs
V	Cheese, tomato and pepper pizza with baked beans Dairy & gluten Jacket potato with salad bar:-
O	Cheese Tuna Baked beans Dairy Fish, egg Fruit cocktail and ice-cream Dairy
Thursday	
M	Roast gammon, roast potatoes, broccoli and cauliflower (and gravy) Gravy contains celery
V	Tomato and pasta bake, broccoli and cauliflower Celery & gluten Jacket potato with salad bar:-
O	Cheese Tuna Dairy Fish, egg Chocolate drop biscuit Gluten, may contain nuts
Friday	
M	1. Fish fingers, chips and peas Fish, gluten 2. Salmon bites, chips and peas Fish gluten
V	Quorn burger, chips and peas Gluten & dairy Jacket potato with salad bar:-
O	Cheese Tuna Dairy Fish, egg Fruit smoothie (orange & mango) None

2022/23 WEEKS BEGINNING 12/9, 26/9, 10/10, 31/10, 14/11, 28/11, 12/12

Monday	
M	Pasta bolognese, crusty bread with peas and sweetcorn Celery, gluten, fish, soya, sulphur dioxide
V	Noodle vegetable stir-fry with crusty bread Gluten, eggs, soya
O	Jacket potato with salad bar:- Cheese Tuna Dairy Fish, egg
D	Apple crumble and custard Gluten, dairy
Tuesday	
M	Roast turkey, roast potatoes, green beans (and gravy) Gravy celery
V	Homity pie, roast potatoes, green beans (and gravy) Gluten, dairy celery, eggs, Gravy - celery
O	Jacket potato with salad bar:- Cheese Tuna Baked beans Dairy Fish, egg
D	Chocolate shortbread Gluten, may contain nuts
Wednesday	
M	Chicken & sweetcorn pizza, potato wedges and coleslaw Dairy, gluten, eggs
V	Courgette & potato omelette, with coleslaw Eggs, dairy
O	Jacket potato with salad bar:- Cheese Tuna Dairy Fish, egg
D	Peaches and ice cream Dairy
Thursday	
M	Pork sausage, roast potatoes, peas, carrots, sweetcorn (and gravy) Gluten, dairy, soya, sulphur dioxide Gravy - celery
V	Quorn sausage, roast potatoes, peas, carrots, sweetcorn (and gravy) Gluten, Gravy - celery
O	Jacket potato with salad bar:- Cheese Tuna Baked beans Dairy Fish, egg
D	Custard cookie Gluten, dairy
Friday	
M	Breaded cod, chips and peas Gluten, fish
V	Quorn chicken, chips and peas Gluten, eggs, dairy
O	Jacket potato with salad bar:- Cheese Tuna Dairy Fish, egg
D	Arctic roll Dairy, gluten, eggs, soya