

Allergy Key:

Fish	F	Corn	C	Soya	S	No Sesame Seeds, Nuts or Peanuts are used in production of our food
Lupin	L	Gluten:	G	Mustard	M	
Crustacean/Mollusc	CM	Dairy:	D	Celery	Cel	
Eggs:	E	Pork:	P	Sulphites	Sul	

WEEK 1

W/C 22/04 W/C 13/05 W/C 10/06 W/C 01/07	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
Temperature recorded					
Protein	Cumberland Pork Hotdogs (G, D)	Norfolk Black Free Range Chicken Drumsticks with Moroccan Tomato Sauce (G)	Smoked Bacon, Béchamel, Tomato, Mozzarella & Basil (D, G)	Free Range Egg Fried Rice with Atlantic Prawns, Peas & Sweetcorn (S, CM, E, C)	Breaded Pollack Fillets (G,E,D)
Vegetables	Carrots & Sweetcorn Roasted Potatoes Finger Rolls	Green Beans & Carrots Cous Cous (G)	Carrot, Cucumber & Tomato Pasta(G)	Stir Fried Summer Vegetables	Peas & Sweetcorn Chips
Carbohydrate					
VEGETARIAN OPTION					
Protein	Vegetarian Hotdogs in Wholemeal Finger Rolls (G, D)	Homemade Falafels with Moroccan Tomato Sauce	Mediterranean Vegetables with Mozzarella, Tomato & Basil (D,GF)	Tofu stir fried with black bean sauce & vegetables (S)	Risotto & Vegetable Cakes (G,E,D)
Vegetables	Steamed Vegetables Roasted Potatoes Finger Rolls	Green Beans & Carrots Cous Cous (G)	Carrot, Cucumber & Tomato Pasta(G)	Carrot, Beetroot, Tomato & Cucumber Egg Fried Rice	Peas & Sweetcorn Chips
Carbohydrate					
ALLERGEN/INTOLERANCE OPTION					
	Pork, Gluten & Dairy Free Sausages Gluten Free Rolls	Gluten Free Roll Dairy Free Coleslaw	Gluten Free Pasta	Soya, Crustacean, Corn & Egg free fried rice	Gluten, Egg & Dairy Free Fish Fingers
DESSERT					
	Fruit Yoghurt (G, D, E) Sugar-free Jellies Mixed Fresh Fruit	Orchard Fruit Platter Greek Yoghurt with honey & seeds(D) Sugar-free Jellies Mixed Fresh Fruit	Sugar Free Fruit Jelly Sugar-free Jellies Mixed Fresh Fruit	Greek Yoghurt with Fruit Yoghurt (D) Sugar-free Jellies Mixed Fresh Fruit	Homemade Cookies with Vanilla Ice cream (G, E, D) Mixed Fresh Fruit Sugar-free Jellies

W/C 29/04 W/C 20/05 W/C 17/06 W/C 08/07	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
Protein	Gammon Steak (P) ---	Homemade Turkey Strips (G, E) ---	Picnic Rolls with Ham, Cheese, Tuna & Egg fillings (G, D, E) ---	Cumberland Pork Hotdogs in Wholemeal Finger Rolls (G, D) ---	Stonebaked Pizza with Tomato, Mozzarella, Tuna & Sweetcorn (G, D) --
Vegetables	Steamed Vegetables ---	Steamed Peas & Carrots ----	Carrot, cucumber & tomato salad ----	Carrots & Sweetcorn ----	Salad with lettuce, cucumber & tomato --
Carbohydrate	Cous Cous (G)	Pasta with Butter & Parmesan (G, D)	Bread Roll Sweet Potato Wedges	Roasted Potatoes	Pizza (G)
VEGETARIAN OPTION					
Protein	Sweet Potato & Feta Tortilla (D, E)	Vegetable Schnitzel (G,D) ---	Picnic Rolls with Cheese & Egg fillings ---	Vegetarian Hotdogs in Wholemeal Finger Rolls (G, D) ---	Stone baked Pizza with Tomato, Mozzarella & Basil (G, D) --
Vegetables	Steamed Vegetables ---	Steamed Peas & Sweetcorn ----	Carrot & Cucumber Crudités with Homemade Hummus ----	Steamed Vegetables ----	Salad with lettuce, cucumber & tomato --
Carbohydrate	Roasted Potatoes	Pasta with Butter & Parmesan	Bread Roll Sweet Potato Wedges	Roasted Potatoes	Pizza (G)
ALLERGEN/INTOLERANCE OPTION					
	Gluten Free Gravy Roast Chicken --	Gluten Free Pasta Gluten Free Schnitzel	Gluten Free Roll	Gluten & Dairy Free Sausages Beef Sausages Gluten Free Rolls	Gluten & Dairy Free Pizza with Tomato & Basil Sauce
DESSERT					
	Greek & Fruit Yoghurt (D) Sugar-free Jellies Mixed Fresh Fruit	Orchard Fruit Platter Greek Yoghurt with honey & seeds(D) Sugar-free Jellies Mixed Fresh Fruit	Homemade Fruit Flapjack (E, D, G) Sugar-free Jellies Mixed Fresh Fruit	Tropical Fruit Platter Greek Yoghurt with honey & seeds (D) Sugar-free Jellies Mixed Fresh Fruit	Open Victoria Sponge with Vanilla Cream (G, E, D) Mixed Fresh Fruit Sugar-free Jellies

W/C 06/05 W/C 03/06 W/C 24/06	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE TEMPERATURE RECORDED					
Protein	Chicken, Tomato & Basil Arrabbiata, Cheese (GF)	Handmade Sausage Rolls (G, D, P)	Homemade Chilli Con Carne Tuna Mayo Cheese (G, D, E)	Cornfed Piri Piri Chicken (GF)	MSC Approved Fish Fingers (G,E,D)
Vegetables	--- Steamed seasonal vegetables ----	--- Carrot, Cucumber and Tomato Salad	--- Carrot, Cucumber & Tomato ---	--- Homemade Coleslaw & Corn on the Cob ----	--- Mixed Seasonal Vegetables -- French Fries (GF)
Carbohydrate	Pasta (G)		Jacket Potatoes	Granary Bread Roll (G)	
VEGETARIAN OPTION					
Protein	Tomato, Olive, Capers & Basil Arrabbiata, Cheese ---	Vegetarian Sausage, Lentil, Bean & Tomato, Casserole (G, D, P)	Baked Beans Cheese (D)	Homemade Spiced Beanburger (GF)	Vegetable Risotto Cakes
Vegetables	--- Steamed seasonal vegetables ----	--- Seasonal Vegetables ----	--- Carrot, Cucumber & Tomato ---	--- Homemade Coleslaw & Corn on the Cob ----	--- Mixed Seasonal Vegetables -- Roast Potatoes (GF)
Carbohydrate	Pasta (G)	Brown Rice	Jacket Potatoes (GF)	Granary Bread Roll (G)	
ALLERGEN/INTOLERANCE OPTION					
		Gluten & Dairy Sausages Beef Sausages	Gluten & Dairy Free Pasta	Basmati Rice	Gluten, Egg & Dairy Free Fish Fingers
DESSERT					
	Sprinkle Cake (G, D, E) Sugar-free Jellies Mixed Fresh Fruit	Orchard Fruit Platter Greek Yoghurt with honey & seeds(D) Sugar-free Jellies Mixed Fresh Fruit	Fruit Juice Sugar-free Jellies Mixed Fresh Fruit	Fruit Yoghurt & Greek Yoghurt (D) Sugar-free Jellies Mixed Fresh Fruit	Chocolate Cake with Vanilla Cream (G, E, D) Mixed Fresh Fruit Sugar-free Jellies

