



Weeks Commencing: 7th September 28th September	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
Protein	Cumberland Pork Hotdogs (G, D)	Norfolk Black Free-Range Chicken Drumsticks with Moroccan Tomato Sauce (G) ---	Smoked Bacon, Bechamel, Tomato, Mozzarella & Basil (D, G) ---	Free Range Egg noodles with Atlantic Prawns, Peas & Sweetcorn (S, CM, E, C) ---	Breaded Sustainably Sourced Cod Fillets (G,E,D) --
Vegetables	Carrots & Sweetcorn ----	Green Beans & Carrots ----	Carrot, Cucumber & Tomato ----	Stir Fried Summer Vegetable Noodles (G)	Peas & Sweetcorn -- Chunky Chips
Carbohydrate	Roasted Potatoes Finger Rolls	Cous Cous (G)	Pasta(G)		
VEGETARIAN OPTION					
Protein	Spinach & Avocado Sausages (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) ---	Vegetable Risotto Cakes (G,E,D) Peas & Sweetcorn -- Chunky Chips
Vegetables	Carrots & Sweetcorn ----	Green Beans & Carrots ----	Carrot, Cucumber & Tomato ----	Stir Fried Summer Vegetable Noodles (G)	
Carbohydrate	Roasted Potatoes Finger Rolls	Cous Cous (G)	Pasta(G)		
ALLERGEN/INTOLERANCE OPTION					
	Gluten & Dairy Sausages Beef Sausages	Rice	Gluten & Dairy Free Pasta	Basmati Rice	Gluten, Egg & Dairy Free Fish Fingers
DESSERT					
	Greek & Fruit Yoghurt (G,D,E) Sugar-free Jellies Mixed Fresh Fruit	Fruit Salad with Greek Yoghurt with honey (D) Sugar-free Jellies Mixed Fresh Fruit	Homemade Cookies with Vanilla Ice cream (G, E, D) Mixed Fresh Fruit Sugar-free Jellies	Fruit Yoghurt & Greek Yoghurt (D) Sugar-free Jellies Mixed Fresh Fruit	Strawberry Mousse (D) Sugar-free Jellies Mixed Fresh Fruit

Allergy Key:

Fish F Corn C Soya S Lupin L Gluten G Mustard M
Crustacean/Mollusc CM Dairy D Celery Cel Eggs E Pork P Sulphites Sul

No Sesame Seeds, Nuts or Peanuts are used in production of our food