

Weeks Commencing: 14th September 5th October	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
Protein	Gammon Steak (P)	Picnic Rolls with Ham, Cheese, Tuna & Egg fillings (G, D, E)	Homemade Chicken Goujons (G, E)	Cumberland Pork Sausages with Gravy (G)	Stonebaked Pizza with Tomato, Mozzarella & Pepperoni (G, D)
Vegetables	---	---	Steamed Peas & Carrots	Sweetcorn & Green Beans	--
Carbohydrate	Steamed Vegetables --- Cous Cous (G)	Carrot, cucumber & tomato salad Bread Roll Sweet Potato Wedges	--- Pasta with Butter & Parmesan (G, D)	--- Roasted Potatoes	Salad with lettuce, cucumber & tomato --- Pizza (G)
VEGETARIAN OPTION					
Protein	Sweet Potato & Feta Tortilla (D, E)	Picnic Rolls with Cheese & Egg fillings ---	Homemade Potato, Red Pepper & Mozzarella Croquettes (G,D)	Vegetarian Sausages with Gravy (G)	Stonebaked Pizza with Tomato, Mozzarella & Basil (G, D)
Vegetables	---	Carrot, Cucumber & Tomato Salad	Steamed Peas & Sweetcorn	Sweetcorn & Green Beans	--
Carbohydrate	Steamed Vegetables --- Roasted Potatoes	--- Bread Roll Sweet Potato Wedges	--- Pasta with Butter & Parmesan	--- Roasted Potatoes	Salad with lettuce, cucumber & tomato --- Pizza
ALLERGEN/INTOLERANCE OPTION					
	Gluten Free Gravy Roast Chicken	Gluten Free Rolls	Gluten & Dairy Free Pasta Fluten Free Goujons	Gluten Free Sausages	Gluten, Egg & Dairy Free Pizaa
DESSERT					
	Greek & Fruit Yoghurt (G,D,E)	Orchard Fruit Platter Greek Yoghurt with honey & seeds (D)	Open Victoria Sponge with Vanilla Cream (E, D, G)	Fruit Yoghurt & Greek Yoghurt (D)	Homemade Shortbread (G,D)
	Sugar-free Jellies Mixed Fresh Fruit	Sugar-free Jellies Mixed Fresh Fruit	Mixed Fresh Fruit Sugar-free Jellies	Sugar-free Jellies Mixed Fresh Fruit	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