



Weeks Commencing: 21st September 12th October	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
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
Carbohydrate	Pasta (G)		Jacket Potatoes	Granary Bread Roll (G)	French Fries (GF)
VEGETARIAN OPTION					
Protein	Tomato, Olive, Caper & Basil Arrabbiata, Cheese	Handmade Vegetable Puffs with Spinach & Ricotta (G,D,P)	Baked Beans Cheese (D)	Homemade Spiced Beanburger (GF)	Vegetable Risotto Cakes
Vegetables	Steamed seasonal vegetables	Carrot, Cucumber & Tomato Salad	Carrot, Cucumber & Tomato	Homemade Coleslaw & Corn on the Cob	Mixed Seasonal Vegetables
Carbohydrate	Pasta (G)		Jacket Potatoes (GF)	Granary Bread Roll (G)	Roast Potatoes (GF)
ALLERGEN/INTOLERANCE OPTION					
		Gluten & Dairy Sausages Beef Sausages	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	Orchard Fruit Platter Greek Yoghurt with honey & seeds (D) Sugar-free Jellies Mixed Fresh Fruit	Chocolate Cake with Vanilla Cream (G, E, D) Mixed Fresh Fruit Sugar-free Jellies	Fruit Yoghurt & Greek Yoghurt (D) Sugar-free Jellies Mixed Fresh Fruit	Fruit Jelly Sugar-free Jellies Mixed Fresh Fruit

Allergy Key:

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

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