



Allerges: G~Gluten CR~Crustaceans E~Eggs F~Fish PN~Peanuts SB~Soya Beans MD~Milk/Dairy N~Nuts CL~Celery M~Mustard S~Sesame SD~Sulphur Dioxide L~Lupin ML~Mollusc BAKED BEANS contain low salt, low sugar and Gluten

Week 1

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ham, Cheese & Tomato Pizza Slice MD, G, SB	Beef Chilli Con Carne F	Roast Turkey, Stuffing Balls MD, G, & Gravy G	Lincolnshire Sausages G, SB & Onion Gravy G	Oven Baked Breaded Fillet of Fish F, G
Vegetables	Oven Baked Potato Wedges G, Lettuce & Cucumber	Steamed Rice, Diced Peppers & Sweetcorn	Broccoli, Mashed Carrot MD & Roast Potatoes	Mashed Potatoes MD, Yorkshire Pudding G, E, MD & Green Beans	Chips, Peas & Sweetcorn
Pudding	Chocolate Shortbread MD, G,	Lemon Sponge MD, G, E, SB & Custard MD	Fruit Salad	Apple Crumble G, MD & Custard MD	Flapjack MD, G, Oats

Week 2

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket Potato, Cheese MD, Baked Beans G & Margarine MD	Mild Chicken Korma G, MD, M, N	Minced Beef Short-crust Pie G, MD, E, F	Chargrilled Chicken Fillet	Oven Baked Fish Cakes F, MD, G, M
Vegetables	Diced Tomato & Cucumber	Steamed Rice & Mixed Vegetables	Mashed Potatoes MD, Cabbage & Carrots	Pasta G with Tomato Sauce & Sweetcorn	Garden Peas
Pudding	Lemon & Oat Cookies G, MD, E	Syrup Sponge SB, G, E, MD & Custard MD	Jelly & Fruit Contains Beef Gelatine	Chocolate & Pear Sponge MD, E, SB with Chocolate Sauce MD	Brownie G, E, MD

Week 3

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Breaded Chicken Fillet G	Spiral Pasta G with Beef Bolognese F & Cheese MD	Roast Pork & Stuffing Balls G, MD with Gravy	Chicken & Vegetable Casserole F, G	Battered Fish Finger F, G, MD, M
Vegetables	Oven Baked Wedges G, Lettuce & Grated Carrot	Garlic Bread G, MD, SB, Peas & Sweetcorn	Roast Potatoes, Green Beans & Carrots	Mashed Potatoes MD & Broccoli	Chips & Baked Beans G
Pudding	Chocolate Crispy Ball MD, G	Fruit Salad	Cold Banana Sponge SB, E, G, MD Mixed Fruit Jam & Custard MD	Cornflake Tart G, MD Mixed Fruit Jam & Custard MD	Strawberry Ice Cream MD & Wafer SB, G, E, MD

Fresh fruit and Wholemeal Bread available daily. Special Dietary Requirements can be catered for upon request.