



## MONDAY

Main

**Pasta Bolognaise**

GF DF

Veggie

**Vegetable Pasta Bolognaise**

DF

Pasta

VG GF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

Bread

VG GF

**Wrap** (1) + **Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

Potato

VG GF

**Jacket Potato** + **Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans  
Coleslaw (7)

Side

**Mixed Salad**  
**Broccoli**

Dessert

**Apple & Blackberry Goodie**  
**Custard** (1,9)

### OUR KITCHEN

All our food is prepared in our own fantastic kitchen, cooked fresh every day subject to availability. If you need; full ingredient lists & allergen information is available on request. We are a nut free school, however some products are subject to "may contain" status in manufacturing.

## TUESDAY

**Pork Sausage Roll**  
(1)

GF

**Vegan Roll** (1)

GF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Baguette** (1) + **Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato** + **Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans  
Coleslaw (7)

**Sauté Potato**  
**Sweetcorn**

**Ice Cream in a Cone** (1,9)

GF DF

AVAILABLE DAILY: FRESH  
**SALAD**

VG Vegan option available

VG **Puddings:** Ice Cream (9), Yoghurt (9), Fruit available

GF Gluten Free option available

GF **Puddings:** Fruit, Jelly, Yoghurt available

DF Dairy Free option available

## WEDNESDAY

**Roast Turkey, Yorkshire Pudding** (1,7,9) & **Gravy**

GF

**Cauliflower & Broccoli Cheese**  
(7,9)

GF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Wrap** (1) + **Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato** + **Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans  
Coleslaw (7)

**Roast Potatoes**  
**Carrots**  
**Peas**

**Sticky Toffee Pudding**(1,7,9,) & **Custard** (9)

GF

FRUIT / BREAD / WATER /

## THURSDAY

**Sweet & Sour Chicken** (10)

GF

**Sweet & Sour Vegetables**  
(8)

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Baguette**(1) + **Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato** + **Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans  
Coleslaw (7)

**Wholegrain Vegetable Rice**

**Fresh Fruit / Yoghurt / Jelly**  
**Cheese Biscuits** (1, 9)

GF

1 Contains gluten 2 Crustaceans 3 Molluscs 4 Fish  
5 Peanuts 6 Nuts 7 Eggs 8 Soybeans  
9 Milk 10 Celery 11 Mustard 12 Lupin  
13 Sesame 14 Sulphur Dioxide

## FRIDAY

**Fish Fingers** (1,4)

GF

**Vegetable Fingers** (1)

GF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Wrap** (1) + **Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato** + **Side Salad**

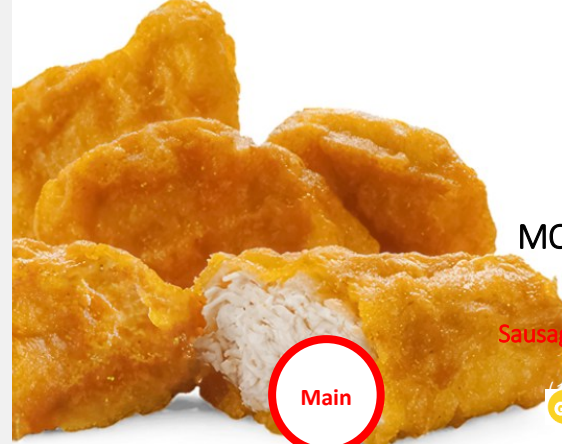
Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans  
Coleslaw (7)

**Chunky Chips & Ketchup**  
**Baked Beans**

**Shortbread** (1)

GF

ALLERGEN KEY



WEEK beginning:  
 3 Nov  
 24 Nov  
 15 Dec  
 19 Jan  
 9 Feb  
 9 March  
 30 March



## MONDAY

**Sausage & Mash** (9)  
 GF DF

**Vegan Sausage** (1)  
 GF

**Pasta** (1)

Tomato and basil sauce  
 Cheese (9)  
 Tuna Mayo (4,7)

**Wrap (1) + Side Salad**

Cheese (9)  
 Tuna Mayo (4,7)  
 Egg Mayo (7)  
 Salmon (4)  
 Ham

**Jacket Potato + Side Salad**

Cheese (9)  
 Tuna Mayo (4,7)  
 Baked Beans  
 Coleslaw (7)

**Gravy Peas**

**Rice Pudding with Fruity Jam** (9)  
 GF

## TUESDAY

**Arrabbiata Chicken**



**Arrabbiata Vegetables**



**Pasta** (1)

Tomato and basil sauce  
 Cheese (9)  
 Tuna Mayo (4,7)

**Baguette (1) + Side Salad**

Cheese (9)  
 Tuna Mayo (4,7)  
 Egg Mayo (7)  
 Salmon (4)  
 Ham

**Jacket Potato + Side Salad**

Cheese (9)  
 Tuna Mayo (4,7)  
 Baked Beans  
 Coleslaw (7)

**Pasta twirls (1)  
 Sweetcorn**

**Chocolate Biscuit** (1,7)  
 GF

## WEDNESDAY

**Roast Gammon, Yorkshire Pudding** (1,7,9) & Gravy



**Roasted Vegetable Quiche** (1, 7, 9)



**Pasta** (1)

Tomato and basil sauce  
 Cheese (9)  
 Tuna Mayo (4,7)

**Wrap (1) + Side Salad**

Cheese (9)  
 Tuna Mayo (4,7)  
 Egg Mayo (7)  
 Salmon (4)  
 Ham

**Jacket Potato + Side Salad**

Cheese (9)  
 Tuna Mayo (4,7)  
 Baked Beans  
 Coleslaw (7)

**Roast Potatoes  
 Carrots  
 Green Beans**

**Apricot Goodie  
 Custard** (1, 9)

## THURSDAY

**Beef Chilli & Rice**



**Vegetable Chilli & Rice**



**Pasta** (1)

Tomato and basil sauce  
 Cheese (9)  
 Tuna Mayo (4,7)

**Baguette (1) + Side Salad**

Cheese (9)  
 Tuna Mayo (4,7)  
 Egg Mayo (7)  
 Salmon (4)  
 Ham

**Jacket Potato + Side Salad**

Cheese (9)  
 Tuna Mayo (4,7)  
 Baked Beans  
 Coleslaw (7)

**Wholegrain Vegetable Rice**

**Fresh Fruit**

## FRIDAY

**Chicken Goujon** (1,8)



**Vegan Nuggets** (1)

**Pasta** (1)

Tomato and basil sauce  
 Cheese (9)  
 Tuna Mayo (4,7)

**Wrap (1) + Side Salad**

Cheese (9)  
 Tuna Mayo (4,7)  
 Egg Mayo (7)  
 Salmon (4)  
 Ham

**Jacket Potato + Side Salad**

Cheese (9)  
 Tuna Mayo (4,7)  
 Baked Beans  
 Coleslaw (7)

**Chunky Chips & Ketchup  
 Baked Beans**

**Raisin Flapjack** (1)  
 GF

### OUR KITCHEN

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### AVAILABLE DAILY: FRESH FRUIT / BREAD / WATER / SALAD

- Pasta & Bread** can be gluten free
- VG** Vegan option available
- VG** **Puddings:** Ice Cream (9), Yoghurt (9), Fruit available
- GF** Gluten Free option available
- GF** **Puddings:** Fruit, Jelly, Yoghurt available
- DF** Dairy Free option available

### ALLERGEN KEY

- 1** Contains gluten
- 2** Crustaceans
- 3** Molluscs
- 4** Fish
- 5** Peanuts
- 6** Nuts
- 7** Eggs
- 8** Soybeans
- 9** Milk
- 10** Celery
- 11** Mustard
- 12** Lupin
- 13** Sesame
- 14** Sulphur Dioxide



WEEK  
beginning:  
10 Nov  
1 Dec  
5 Jan  
26 Jan  
23 Feb  
16 Mar

- Main
- Veggie
- Pasta
- Bread
- Potato
- Side
- Dessert

## MONDAY

**Ham Macaroni Cheese** (1,9)

GF DF

**Macaroni Cheese** (1,9)

GF DF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna mayo (4,7)

**Wrap (1) + Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato + Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans  
Coleslaw (7)

**Sweetcorn**

**Sultana Biscuit** (1)

GF

## TUESDAY

**Meat (Pork & Beef) Balls**  
(1,7)

DF

**Vegan Meatball**  
(8)

GF DF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna mayo (4,7)

**Baguette (1) + Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato + Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans  
Coleslaw (7)

**Wholegrain Pasta** (1)

**Peas**

**Fresh Fruit**

## WEDNESDAY

**Roast Pork, Yorkshire  
Pudding** (1,7,9) & Gravy

GF

**Stuffed Pepper**

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna mayo (4,7)

**Wrap (1) + Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato + Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans  
Coleslaw (7)

**Roast Potatoes**

**Carrots  
Broccoli**

**Chocolate Cake** (1,7)  
**Custard** (1,9)

GF

## THURSDAY

**BBQ Chicken**  
(8)

GF DF

**BBQ Vegetable**  
(8)

GF DF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna mayo (4,7)

**Baguette (1) + Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato + Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans  
Coleslaw (7)

**Wholegrain Vegetable Rice**

**Oat Cookie**  
(1,7)

GF

## FRIDAY

**Fish Fillet** (1,4)

GF

**Cheese & Tomato Puffs** (1,9)

DF GF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna mayo (4,7)

**Wrap (1) + Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato + Side Salad**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans  
Coleslaw (7)

**Chunky Chips & Ketchup**

**Baked Beans**

**Berry Muffins** (1,7)

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- **VG** **Puddings:** Ice Cream (9), Yoghurt (9), Fruit available
- **GF** Gluten Free option available
- **GF** **Puddings:** Fruit, Jelly, Yoghurt available
- **DF** Dairy Free option available

### ALLERGEN KEY

- |                          |                           |                   |                   |
|--------------------------|---------------------------|-------------------|-------------------|
| <b>1</b> Contains gluten | <b>2</b> Crustaceans      | <b>3</b> Molluscs | <b>4</b> Fish     |
| <b>5</b> Peanuts         | <b>6</b> Nuts             | <b>7</b> Eggs     | <b>8</b> Soybeans |
| <b>9</b> Milk            | <b>10</b> Celery          | <b>11</b> Mustard | <b>12</b> Lupin   |
| <b>13</b> Sesame         | <b>14</b> Sulphur Dioxide |                   |                   |