

Week 1 w/b 5/9/17 w/b 2/10/17	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	Pork Sausage	Chicken Breast	Homemade beef steak minced spaghetti bolognaise	Turkey Breast joint	Breaded fish fingers
Carbs	Mashed Potato/ pasta	Roast potatoes/ pasta	Spaghetti pasta	Roast potatoes/ pasta	Oven chips/ pasta
Vegetables	Peas and Salad	Farmhouse mix of broccoli, carrots & cauliflower	Sweetcorn and Salad	Carrots, broccoli and salad	Cauliflower and salad
Non Meat	Tomato Ketchup Jacket Potato with cheddar cheese	Gravy Vegetarian Roast	Homemade mushroom pizza	Gravy Macaroni cheese	Tomato sauce Cheese and bean puff
Dessert	Banana Split	Iced vanilla sponge cake	Fresh strawberries	Assorted Jam Tarts	Apple and cinnamon crumble with custard

All meals are served with a salad assortment and freshly baked bread. Water and Milk is served daily. Fresh fruit and Yeo Valley yoghurts are also available daily. Plain pasta is offered as a substitute for potatoes. If your child requires a more specific dietary menu please contact the office.

Allergen information: Some of our menu items may contain allergens, including: cereals containing Gluten, Milk, Eggs, Fish, Shellfish, Soya, Celery, Mustard, Sulphites, Sesame and Lupin. Peanuts and Nuts are also classed as allergens, but these are not used on our menu. Due to the small nature of our kitchen we cannot guarantee that whilst preparing food, allergy free products will not come into contact with food containing allergens. Please speak to the office if your child has any known allergies.

Week 2 w/b 11/9/17 w/b 9/10/17	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	Homemade beef steak burgers	Roasted Gammon	Minced turkey "mild" Chilli Con Carne	Roasted loin of Pork	Breaded cod fillets
Carbs	In a bun	roasted potatoes/ pasta	Nachos White and brown rice	Roast potatoes/ pasta	Oven chips
Vegetables	Homemade coleslaw, sweetcorn and salad	Carrots & cabbage/ salad	Green beans/ salad	Farmhouse mix of broccoli, carrots & cauliflower and Salad	Peas and salad
Non Meat	Tomato ketchup Neapolitan pasta bows with melted cheddar	Gravy Quorn fillet, roast potatoes, gravy, carrots & cabbage, salad	Homemade cheese and tomato pizza	gravy Cheese and vegetable bake	Tomato sauce Jacket potato with cheddar cheese and baked beans
Dessert	Jam and coconut sponge with custard	Duo of ice cream	Blueberry muffins	Mexican shortbread	Raspberry and banana trifle.

Week 3 w/b 18/9/17 w/b 16/10/17	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	Homemade pork sausage rolls	Roast turkey breast	Homemade chicken fillet burger	Roasted Gammon	Fresh salmon in a homemade cheese sauce
Carbs	Half Jacket potato	roasted potatoes/ pasta	In a bun	roasted potatoes/ pasta	Mashed potatoes/ pasta
Vegetables	Sweetcorn and salad	Farmhouse mix of carrot, broccoli and cauliflower and salad	Homemade coleslaw and peas/ salad	Carrots and cabbage/ salad	Broccoli and salad
Non Meat	Tomato ketchup Quorn sausage patty	Gravy Homemade cauliflower cheese	Quorn pieces in a tikka masala sauce. White and brown rice.	Gravy Homemade mixed pepper pizza	Tomato sauce Vegetarian hotdog in a finger roll
Dessert	Peach and pear crumble with custard	Banana Muffins	Ice cream roll	Chocolate orange fudge cake	Apple and ginger flapjack

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Week 4 25/9/17	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	Homemade pepperoni pizza	Roasted topside of beef	"Mild" Chicken fajitas	Roasted pork loin	Breaded cod fillets
Carbs		Roast potatoes/ pasta	Tortilla Wraps	Roasted potatoes/ pasta	Oven roasted chips / pasta
Vegetables	Homemade coleslaw/ peas and salad	Farmhouse vegetable mix of carrots, broccoli and cauliflower salad	Corn on the cob salad	Broccoli and carrots salad	Cauliflower and salad
Non Meat	Cheddar cheese omelette	Gravy Vegetarian meatballs in a tomato sauce	Sweet potato, red lentil and coconut curry with white and brown rice	Gravy Vegetarian sausage	Tomato ketchup Jacket potatoes with a choice of tuna, cheese or baked beans.
Dessert	Frozen strawberry yogurt	Lemon drizzle	Fresh Pineapple and grape	Chocolate and cherry muffins	Ice lollies