

Week 1 w/b 01/01/18 w/b 29/01/18	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	British pork sausage	Chicken breast - roasted Gravy	Homemade beef stew	Gammon ham - roasted Gravy	Breaded salmon fillet
Carbs	Mashed potato/pasta	Roast potatoes/pasta	Dumplings/pasta	Roast potatoes/pasta	Oven chips/pasta
Vegetables	Peas & baked beans Salad	Carrot batons & green beans Salad	Cauliflower Salad	Cabbage & carrots Salad	Peas & sweetcorn Salad
Non Meat	Cheese & baked bean puff	Quorn fillet	Homemade cheese & tomato pizza	Sweet potato, red lentil & coconut curry (mild)	Pasta bows in a homemade Mediterranean sauce
Dessert	Rhubarb & ginger crumble with custard	Apple & blackberry flapjack	Arctic roll	Orange & raisin cookies	Pineapple & coconut muffins

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 08/01/18 w/b 05/02/18	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	Homemade steak in gravy pie Gravy	Turkey breast - roasted Gravy	Homemade breaded chicken fillets	Loin of pork - roasted Gravy	Breaded cod fillets
Carbs	Pasta/mashed potato	Roast potatoes/pasta	Homemade potato wedges Pasta	Roast potatoes/pasta	Oven chips/pasta
Vegetables	Peas & carrot batons Salad	Farmhouse mix of carrots, cauliflower & broccoli Salad	Mini corn on the cob Salad	Carrots & broccoli Salad	Sweetcorn/baked beans Salad
Non Meat	Homemade cheese & tomato pizza	Vegetarian roast	Quorn meatballs in a homemade tomato sauce	Homemade cheese omelette	Homemade mixed bean enchiladas
Dessert	Peach melba	Chocolate & beetroot muffins	Strawberry jelly	Coconut & lime iced sponge	Apple & cinnamon pie with custard

Week 3 w/b 15/01/18	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	Homemade pork sausage rolls	Turkey breast - roasted Gravy	Homemade chicken tikka masala	Gammon ham - roasted Gravy	Breaded cod fillet fish fingers
Carbs	Pasta	Roast potatoes/pasta	Brown & white rice/pasta	Roast potatoes/pasta	Oven chips/pasta
Vegetables	Baked beans & sweetcorn Salad	Carrot batons & cabbage Salad	Cauliflower Salad	Farmhouse mix of carrots, cauliflower & broccoli Salad	Peas/baked beans Salad
Non Meat	Jacket potato with cheese	Sausage patty (quorn)	Homemade cheese & tomato pizza	Vegetarian sausage	Homemade vegetarian lasagne
Dessert	Pineapple upside down cake with custard	Chocolate orange trifle	Duo of ice cream	Carrot cake muffins	Jam tarts

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Week 4 w/b 22/01/18	Monday	Tuesday	Wednesday	Thursday	Friday
Protein	Homemade mild chilli con carne - turkey	Loin of pork - roasted Gravy	Homemade steak mince meatballs in a tomato & mozzarella sauce	Chicken breast - roasted Gravy	Battered cod
Carbs	Brown & white rice/pasta	Roast potatoes/pasta	Spaghetti	Roast potatoes/pasta	Parmentier potatoes/pasta
Vegetables	Mini corn on the cob Salad	Cabbage & carrot batons Salad	Peas Salad	Broccoli & carrot batons Salad	Cauliflower/baked beans Salad
Non Meat	Homemade cheese & tomato pizza	Macaroni cheese	Homemade stuffed jacket potato	Homemade cheese, potato & onion pasty	Vegetarian cottage pie
Dessert	Pear & peach crumble with custard	Banana muffins	Jam sponge with custard	Frozen strawberry yoghurt	Apple fruit cake