

<b>Week 1</b> w/b 16/04, 07/05, 04/06 25/06, 16/07	<b>Meat-free Mondays</b>	<b>Tasty Tuesdays</b>	<b>Roast Wednesdays</b>	<b>Fishy Thursdays</b>	<b>Favourite Fridays</b>
Protein	Vegetarian/vegan sausage	Beef steak bolognese	Roasted gammon Gravy (optional)	Breaded cod fillet	Homemade 'malted wheat' coated chicken fillet burger
Carbs	Mashed potato	Spaghetti Garlic bread	Dry roasted potatoes	Oven chips	Burger bun
Vegetables	Carrots, broccoli & cauliflower Salad	Sweetcorn Salad	Carrots & broccoli Salad	Baked beans & cauliflower Salad	New potatoes, peas & homemade coleslaw Salad
Non Meat	Cheese omelette	Margarita pizza	Southern coated quorn fillets	Sweet potato, mixed bean, red lentil & coconut curry (mild)	Homemade quiche
Dessert	Rhubarb & ginger crumble with custard	Ice lollies	Banana muffins	Pear, raisin & ginger flapjack	Arctic roll

<b>Week 2</b> w/b 23/04, 14/05, 11/06 02/07, 23/07	<b>Meat-free Mondays</b>	<b>Tasty Tuesdays</b>	<b>Roast Wednesdays</b>	<b>Fishy Thursdays</b>	<b>Favourite Fridays</b>
Protein	Macaroni cheese	Homemade Cumberland sausage rolls	Roasted turkey Gravy (optional)	Breaded cod fillet fish finger	Homemade steak burgers
Carbs	Garlic bread	Mashed potatoes	Dry roasted potatoes	Oven chips	Burger bun Dry roasted sautéed potatoes
Vegetables	Carrots, broccoli & cauliflower Salad	Baked beans & peas Salad	Carrots & cabbage Salad	Homemade coleslaw & cauliflower Salad	Mini corn on the cob Salad
Non Meat	Quorn sausage patty New potatoes Gravy (optional)	Tomato pasta bows	Cauliflower cheese	Margarita pizza	Cheese & baked bean puff
Dessert	Apricot & ginger sponge with custard	Fresh fruit & fruit yoghurts	Dried fruit cookies	Summer trifle	Ice lollies

Week 3 w/b 30/04/18, 21/05, 18/06 09/07	Meat-free Mondays	Tasty Tuesdays	Roast Wednesdays	Fishy Thursdays	Favourite Fridays
Protein	Quorn meatballs in a homemade tomato sauce	Beef steak 'mild' chilli con carne	Chicken breast Gravy (optional)	Breaded fish fillet	Hotdogs with British pork chipolatas
Carbs	Penne pasta	White & brown rice	Dry roasted potatoes	Oven chips	Finger roll
Vegetables	Peas Salad	Sweetcorn Salad	Carrots, broccoli & cauliflower Salad	Baked beans & cauliflower Salad	Homemade coleslaw Salad
Non Meat	Homity pie (cheese, potato & onion)	Margarita pizza	Quorn burgers in a burger bun	Quorn veggie dippers	Mixed bean enchiladas
Dessert	Ice cream	Peach & pear crumble with custard	Carrot cake muffins	Apple & cinnamon pie with cream	Cherry shortbread

Menu may vary at the discretion of the catering manager.

Meals are homemade where possible using locally sourced ingredients, complying with UK food standards.

**Fresh salad, wholemeal bread, Yeo Valley fruit yoghurts, fresh fruit, milk & water available daily. Dairy free milk & yoghurts also available daily.** 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.