

| WEEK 1 | MEAT OPTION | VEG OPTION | DESSERT |
|-----------|--|--|--|
| MONDAY | HEARTY MINCED BEEF BOLOGNAISE WITH PASTA BOWS | VEGETABLE BOLOGNAISE BAKE WITH PASTA BOWS | SUGAR FREE VEGETARIAN JELLY WITH FRUIT |
| TUESDAY | MIXED WHITE FISH CAKE WITH A CHEESE SAUCE POTATOES GREEN BEANS & CARROTS | VEGETABLE PATTIES WITH A CHEESE SAUCE, POTATOES GREEN BEANS & CARROTS | YOGHURTS |
| WEDNESDAY | LOCALLY SOURCED ROASTED TURKEY, NEW POTATOES, BROCCOLI & CARROTS AND GLUTEN FREE GRAVY | SOYA STRIPS & BEANS IN GLUTEN FREE GRAVY NEW POTATOES BROCCOLI & CARROTS | BANANA LOAF AND CUSTARD |
| THURSDAY | MACARONI CHEESE BAKE WITH CARROT STICKS AND RED LENTIL & TOMATO DIP | MACARONI CHEESE BAKE WITH CARROT STICKS AND RED LENTIL & TOMATO DIP | SLICED MELON & PINEAPPLE RINGS |
| FRIDAY | HOT DOGS WITH POTATO & SWEETCORN SALAD AND CHEESE | VEGETARIAN SAUSAGES WITH POTATO, CHICKPEA & SWEETCORN SALAD AND CHEESE | PEACHES, MANDARINS, APRICOTS |

Allergy Key: Wheat/ Gluten Garlic Egg Soya Dairy Mustard Fish Celery Lupin Sesame Peanuts/ Other Nuts Molluscs & Crustaceans Sulphur Dioxide/ Sulphites>10ppm

| WEEK 2 | MEAT OPTION | VEG OPTION | DESSERT |
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| MONDAY | WHOLESOME CHILLI CON CARNE SERVED WITH LONG GRAIN RICE | WHOLESOME THREE BEAN CHILLI SERVED WITH LONG GRAIN RICE | APRICOT FLAPJACK |
| TUESDAY | SAUSAGE IN GRAVY, BOILED POTATOES, CARROTS & SWEETCORN AND GLUTEN FREE GRAVY | VEGETARIAN SAUSAGE WITH MIXED BEANS, BOILED POTATOES, CARROTS & SWEETCORN AND GLUTEN FREE GRAVY | PEACHES AND PEARS |
| WEDNESDAY | CHICKEN AND MEDITERRANEAN VEGETABLE PASTA BAKE WITH CARROTS AND BROCCOLI | MEDITERRANEAN VEGETABLE PASTA BAKE WITH CARROTS AND BROCCOLI | YOGHURTS |
| THURSDAY | MIXED WHITE FISH CAKE WITH A CHEESE SAUCE NEW POTATOES PEAS & MIXED VEG | NUTRITIOUS RATATOUILLE NEW POTATOES, PEAS & MIXED VEG | SUGAR FREE VEGETARIAN JELLY WITH FRUIT |
| FRIDAY | CHICKEN SWEET & SOUR WITH RICE | VEGETABLE SWEET & SOUR WITH RICE | WATERMELON AND PINEAPPLE |

Allergy Key: **Wheat/ Gluten** **Garlic** **Egg** **Soya** Dairy Mustard Fish Celery Lupin Sesame
Peanuts/ Other Nuts Molluscs & Crustaceans Sulphur Dioxide/ Sulphites>10ppm

| WEEK 3 | MEAT OPTION | VEG OPTION | DESSERT |
|-----------|---|---|-------------------------------|
| MONDAY | TURKEY MEATBALLS, IN A TOMATO & CHILLI SAUCE WITH PENNE PASTA | PLANT BASED MEATBALLS WITH PASTA | SULTANA SPONGE AND CUSTARD |
| TUESDAY | JACKET POTATOES WITH CHEESE, BEANS, COLESLAW | JACKET POTATOES WITH CHEESE, BEANS, COLESLAW | BANANAS AND CUSTARD |
| WEDNESDAY | BEEF LASAGNE WITH PEAS AND SWEETCORN | VEGETABLE LASAGNE WITH PEAS AND SWEETCORN | MANDARINS, PEARS, PINEAPPLE |
| THURSDAY | LOCALLY SOURCED ROASTED CHICKEN, NEW POTATOES, BROCCOLI & MIXED VEG AND GLUTEN FREE GRAVY | SOYA STRIPS & BEANS IN GLUTEN FREE GRAVY WITH BOILED POTATOES, MIXED VEG & BROCCOLI | CHOCOLATE BROWNIE AND CUSTARD |
| FRIDAY | SALMON FISH CAKE WITH A CHEESE SAUCE NEW POTATOES PEAS & CARROTS | RATATOUILLE & LENTILS | YOGHURTS |

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