



Weeks: 6<sup>th</sup> to 10<sup>th</sup> January and 27<sup>th</sup> to 31<sup>st</sup> January

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main</b>	Middle Eastern <b>Chicken</b> with Vegetable Couscous and Flat Bread <b>2</b> <b>MC</b> <b>7</b> <b>MC</b> <b>13</b>	<b>Pork</b> & Apple Casserole with Mashed Potatoes and Peas	Roast <b>Chicken</b> with Roast Potatoes, Carrots and Broccoli	<b>Beef</b> Meatball Pasta Bake with Garlic Bread & Green Beans <b>2</b> <b>MC</b> <b>7</b> <b>MC</b> <b>12</b> <b>14</b>	Breaded <b>Haddock</b> Fillets with Chips and Peas or Baked Beans <b>2</b> <b>5</b>
<b>Something Veggie</b>	Harissa Vegetable & Lentil Stew with Couscous and Flat Bread <b>2</b> <b>MC</b> <b>7</b> <b>MC</b> <b>13</b>	Baked Bean & Cheese Pie with Mashed Potatoes and Peas <b>2</b> <b>7</b>	Vegan Shepherds Pie with Carrots and Broccoli <b>13</b>	Macaroni & Tomato Bake with Garlic Bread & Green Beans <b>2</b> <b>7</b> <b>MC</b> <b>12</b>	Vegan Nuggets with Chips and Peas or Baked Beans <b>2</b>
<b>Jacket Potatoes</b>	Baked Beans & Cheese or Chicken Mayo <b>7</b>	Baked Beans & Cheese or Tuna Mayo <b>5</b> <b>7</b>	Baked Beans & Cheese or Cheesy Coleslaw <b>7</b>	Baked Beans & Cheese or Tandoori Chicken <b>1</b> <b>7</b>	Baked Beans & Cheese or Tuna Mayo <b>5</b> <b>7</b>
<b>Packed Lunch Option</b>	Cheese or Tuna Sandwich with Fruit, Crisps & Something Sweet <b>2</b> <b>5</b> <b>7</b> <b>13</b>	Cheese or Ham Sandwich with Fruit, Crisps & Something Sweet <b>2</b> <b>7</b> <b>13</b>	Cheese or Tuna Sandwich with Fruit, Crisps & Something Sweet <b>2</b> <b>5</b> <b>7</b> <b>13</b>	Cheese or Ham Sandwich with Fruit, Crisps & Something Sweet <b>2</b> <b>7</b> <b>13</b>	Cheese or Tuna Sandwich with Fruit, Crisps & Something Sweet <b>2</b> <b>5</b> <b>7</b> <b>13</b>
<b>Dessert</b>	Apple Pie & Custard <b>2</b> <b>7</b>	Zesty Lemon Muffin <b>2</b> <b>4</b> <b>MC</b> <b>13</b>	Vegan Jelly	Oatmeal Cookie <b>2</b> <b>4</b> <b>MC</b> <b>13</b>	Chocolate Doughnuts <b>2</b> <b>4</b> <b>7</b> <b>13</b>

Allergen content:

- 1** Celery
- 2** Cereals/Gluten
- 3** Crustaceans
- 4** Eggs
- 5** Fish
- 6** Lupin
- 7** Milk
- 8** mollusc
- 9** Mustard
- 10** Nuts
- 11** Peanuts
- 12** Sesame Seeds
- 13** Soya
- 14** Sulphur Dioxide

**Please note that the meat used within our meal is not kosher or halal.**

Meals may be changed without notice if we encounter any supply chain issues. A similar alternative will always be prioritised. Should your child have a dietary need e.g. gluten-free, a similar alternative will always be provided. Please ensure you contact the school as soon as possible should any dietary requirements change



Weeks: 13<sup>th</sup> to 17<sup>th</sup> January and 3<sup>rd</sup> to 7<sup>th</sup> February

Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main</b>	Coriander & Lime <b>Chicken</b> with Rice and Peas <b>14</b>	Mince <b>Beef</b> Wellington with Roasted New Potatoes and Beans <b>2</b>	Roast <b>Gammon</b> with Roast Potatoes, Carrots and Broccoli	<b>Beef</b> Spaghetti Bolognese with Garlic Bread & Green Beans <b>2</b> <b>MC 7</b> <b>MC 12</b>	Breaded <b>Fish</b> cake with Chips and Peas or Baked Beans <b>2</b> <b>5</b>
<b>Something Veggie</b>	Vegan Meatballs in Tomato Sauce with Rice and Peas <b>13</b>	Veggie Hotpot with Roasted New Potatoes and Beans <b>13</b>	Vegan Sausage Roll with Roast Potatoes, Carrots and Broccoli <b>2</b>	Cheesy Pesto Pasta with Garlic Bread & Green Beans <b>2</b> <b>7</b> <b>MC 12</b>	Vegan Fish Fingers with Chips and Peas or Baked Beans <b>2</b>
<b>Jacket Potatoes</b>	Baked Beans & Cheese or Chinese Chicken <b>7</b> <b>13</b>	Baked Beans & Cheese or Tuna Mayo <b>5</b> <b>7</b>	Baked Beans & Cheese or Cheesy Coleslaw <b>7</b>	Baked Beans & Cheese or Tandoori Chicken <b>1</b> <b>7</b>	Baked Beans & Cheese or Tuna Mayo <b>5</b> <b>7</b>
<b>Packed Lunch Option</b>	Cheese or Tuna Sandwich with Fruit, Crisps & Something Sweet <b>2</b> <b>5</b> <b>7</b> <b>13</b>	Cheese or Ham Sandwich with Fruit, Crisps & Something Sweet <b>2</b> <b>7</b> <b>13</b>	Cheese or Tuna Sandwich with Fruit, Crisps & Something Sweet <b>2</b> <b>5</b> <b>7</b> <b>13</b>	Cheese or Ham Sandwich with Fruit, Crisps & Something Sweet <b>2</b> <b>7</b> <b>13</b>	Cheese or Tuna Sandwich with Fruit, Crisps & Something Sweet <b>2</b> <b>5</b> <b>7</b> <b>13</b>
<b>Dessert</b>	Lemon Curd Sponge & Cream <b>2</b> <b>4</b> <b>7</b> <b>MC 13</b>	Rock Cake <b>2</b> <b>4</b> <b>7</b> <b>MC 13</b>	Vegan Fruit Jelly	Bread & Butter Pudding with Custard <b>2</b> <b>4</b> <b>7</b> <b>13</b>	Chocolate Ice Cream Pots <b>7</b>

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Weeks: 20<sup>th</sup> to 24<sup>th</sup> January and 10<sup>th</sup> to 14<sup>th</sup> February

Week Three	<u>MEAT FREE MONDAY</u>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main</b>	Vegetarian Sausage & Bean Pie with Potato Wedges and Peas <b>2</b>	Pesto <b>Chicken</b> Pizza with Wedges and Baked Beans <b>2 4 7</b>	Roast <b>Turkey</b> with Roast Potatoes, Carrots & Parsnips	<b>Pork</b> Goulash with Rice and Green Beans <b>7</b>	<b>Fish</b> Fingers with Chips and Peas or Baked Beans <b>2 5</b>
<b>Something Veggie</b>	Chunky Vegetable & Bean Mexican Stew with Potato Wedges and Peas	Cheese & Tomato Pizza with Wedges and Baked Beans <b>2 4 7</b>	Herb Roasted Quorn Fillet with Roast Potatoes, Carrots & Parsnips <b>2</b>	Vegetable & Chickpea Curry with Rice and Green Beans	Cheese & Marmite Pastry Swirl with Chips and Peas or Baked Beans <b>1 2 7</b>
<b>Jacket Potatoes</b>	Baked Beans & Cheese or BBQ Chicken <b>7 9</b>	Baked Beans & Cheese or Tuna Mayo <b>5 7</b>	Baked Beans & Cheese Or Cheesy Coleslaw <b>7</b>	Baked Beans & Cheese or Coronation Chicken <b>7</b>	Baked Beans & Cheese or Tuna Mayo
<b>Packed Lunch Option</b>	Cheese or Tuna Sandwich with Fruit, Crisps & Something Sweet <b>2 5 7 13</b>	Cheese or Ham Sandwich with Fruit, Crisps & Something Sweet <b>2 7 13</b>	Cheese or Tuna Sandwich with Fruit, Crisps & Something Sweet <b>2 5 7 13</b>	Cheese or Ham Sandwich with Fruit, Crisps & Something Sweet <b>2 7 13</b>	Cheese or Tuna Sandwich with Fruit, Crisps & Something Sweet <b>2 5 7 13</b>
<b>Dessert</b>	Banana Cake & Custard <b>2 4 7 MC 13</b>	Apple Crumble & Cream <b>2 7 MC 13</b>	Vegan Fruit Jelly	Chocolate Sponge with Chocolate Sauce <b>2 4 7 MC 13</b>	Flapjack <b>2</b>

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