

GF=Gluten Free; D=Contains Dairy; G=Contains Gluten E=Contains Egg; V=Vegan SD=Suphur Dioxide

WEEK 1 and 5

Monday	Tuesday	Wednesday	Thursday	Friday
MEAT FREE MONDAY Penne Pasta with Tomato Sauce & Garlic Bread G	Breaded Chicken with Potato Waffle & Beans E,G,D	Roast Turkey with Roast Potatoes & Vegetables with Yorkshire G,D,E	Spaghetti Bolognaise with Mixed Vegetables & Salad G	Crispy Fish Fingers with Chips & Peas G
MEAT FREE MONDAY Penne Pasta with Nutless Pesto & Garlic Bread G, D	Quorn Dippers with Potato Waffle & Beans G	Nutless Roast with Potatoes & Vegetables with Yorkshire G,D,E	Veggie Bolognaise with Mixed Vegetables & Salad G	Veggie Patty with Chips & Peas G
Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V
Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Chocolate Chip Biscuit G,D

WEEK 2 and 6

MEAT FREE MONDAY Cheese & Tomato Pasta Bake & Garlic Bread G,D	Sausages (Pork), Mashed Potato & Beans G,D	Roast Chicken with Roast Potatoes & Vegetables with Yorkshire G,D,E	Beef Tacos with Rice G	Wholemeal based Pepperoni Pizza & Salad D, G
MEAT FREE MONDAY Macaroni Cheese & Garlic Bread G,D	Vegetable Sausage, Mashed Potato & Beans G,D	Gnocchi in Tomato Sauce & Vegetables G	Quorn Tacos with Rice G,E	Wholemeal based Margarita Pizza & Salad D, G
Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V
Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Jam Sponge Cake G,D,E

WEEK 3 and 7

MEAT FREE MONDAY Penne pasta with Tomato Sauce & Garlic Bread G	Breaded Chicken with Potato Waffle & Beans E,G,D	Gammon with Roast Potatoes & Vegetables with Yorkshire G,D,E	Italian Style Meatballs (Pork & Beef)in Tomato Sauce with Spaghetti G,E	Fillet of Fish with Chips & Peas G
MEAT FREE MONDAY Penne Pasta with Nutless Pesto & Garlic Bread G, D	Quorn Dippers with Potato Waffle & Beans G	Nutless Roast with Potatoes & Vegetables with Yorkshire G,D,E	Tortelloni Ricotta & Spinach in Tomato Sauce G,D,E	Veggie Quesadilla G,D
Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V
Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Shortbread Biscuit G,D

WEEK 4 and 8

MEAT FREE MONDAY Cheese & Tomato Pasta Bake & Garlic Bread G,D	Creamy Chicken Curry with Rice	Roast Chicken with Roast Potatoes & Vegetables with Yorkshire G,D,E	Beef Lasagne served with Vegetables & Salad G,D	Wholemeal based Pepperoni Pizza & Salad D, G
MEAT FREE MONDAY Macaroni Cheese & Garlic Bread G,D	Creamy Veggie Curry & Rice	Gnocchi in Tomato Sauce & Vegetables G	Veggie Lasagne with Vegetables & Salad G,D	Wholemeal based Margarita Pizza & Salad D, G
Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V	Jacket Potato GF, V
Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Fruit or Jelly	Lemon Drizzle Cake G,D,E