

Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

Beef Bolognese served with G/F Pasta Seasonal Vegetables

Mild Chicken Fajita G/F Wrap, served with Wholegrain Rice, Peas & Sweetcorn

Grilled Chicken served with Jacket Potato Wedges & Seasonal Vegetables

Roast Chicken served with Roast Potatoes, Carrots, Cabbage and Gravy

G/F Chicken Goujons served with Chips, Garden Peas or Baked Beans

Meat Free (Vegan) 

Vegetable Bolognese served with G/F Pasta Seasonal Vegetables

Vegetable Fajita G/F Wrap, served with Wholegrain Rice, Peas & Sweetcorn

Vegetable Sausage served with Jacket Potato Wedges & Seasonal Vegetables

Roasted Vegetable Ratatouille Served with Roast Potatoes and Seasonal Vegetables

Vegan & G/F Pizza Bap served with Chips, Garden Peas or Baked Beans

Pasta and Jackets (Vegan)

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

Desserts

Choose One of Our Fabulous Desserts
G/F Chocolate Biscuit Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/F Vanilla Shortbread Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/F Apple Crumble Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/F Vanilla Shortbread Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/F Chocolate Biscuit Fruity Jelly
Fresh Fruit Pot



ALLERGEN
FREE MENU

Making lunchtime the highlight of your day

All items on this menu are free of the 14 main allergens: Celery, Cereals containing gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya, Sulphur Dioxide



ALLERGEN
FREE MENU

Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

G/f Pasta in a Tomato Sauce with Crispy Bacon Topping served with Rainbow Roasted Vegetables

G/f & Dairy free Meat Pizza served with Herb Sautéed Potato and Baked Beans or Fresh Salad

Grilled Chicken Fillet served with Jacket Potato Wedges, Seasonal Vegetables & Vegan Mayo

Roast Chicken served with Roast Potatoes, Carrots, Cabbage and Gravy

G/f Chicken Goujons served with Chips, Garden Peas or Baked Beans

Meat Free (Vegan) 

G/f Pasta in a Tomato Sauce with Vegan Cheese Topping served with Rainbow Roasted Vegetables

G/f & Dairy Free Pizza served with Herb Sautéed Potato and Baked Beans or Fresh Salad

Vegetable Sausages served with Jacket Potato Wedges, Seasonal Vegetables & Vegan Mayo

Roasted Vegetable Ratatouille Served with Roast Potatoes and Seasonal Vegetables

G/f & Dairy Free Pizza served with Chips, Garden Peas or Baked Beans

Pasta and Jackets (Vegan)

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

Desserts

Choose One of Our Fabulous Desserts
G/f Chocolate Biscuit Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/f Vanilla Shortbread Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/f Apple Crumble Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/f Vanilla Shortbread Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/f Chocolate Biscuit Fruity Jelly
Fresh Fruit Pot



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ALLERGEN
FREE MENU

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Main Meal

Italina Meatballs & Tomato Ragù served with G/F Penne Pasta, Peas & Sweetcorn

Tasty Beef & Dairy Free Cheese Burrito served with Whole Grain Rice, Tomato & Cucumber Salsa

G/F & Dairy free Meat Pizza served with Herb Sautéed Potato and Baked Beans or Fresh Salad

Roast Chicken served with Roast Potatoes, Carrots, Cabbage and Gravy

G/F Chicken Goujons served with Chips, Garden Peas or Baked Beans

Meat Free (Vegan)

Vegetable & Tomato Ragù served with G/F Penne Pasta, Peas & Sweetcorn

Vegetable Chilli & Dairy Free Cheese Burrito served with Whole Grain Rice, Tomato & Cucumber Salsa

G/F & Dairy Free Pizza with Herb Sautéed Potato and Baked Beans or Fresh Salad

Roasted Vegetable Ratatouille Served with Roast Potatoes and Seasonal Vegetables

Vegetable Sausages served with Chips, Garden Peas or Baked Beans

Pasta and Jackets (Vegan)

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

G/f Pasta with Homemade Tomato and Vegetable Sauce served with Fresh Salad

Jacket Potato with Vegan Cheese & Beans served with Fresh Salad

Desserts

Choose One of Our Fabulous Desserts
G/F Chocolate Biscuit Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/F Vanilla Shortbread Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/F Apple Crumble Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/F Vanilla Shortbread Fruity Jelly
Fresh Fruit Pot

Choose One of Our Fabulous Desserts
G/F Chocolate Biscuit Fruity Jelly
Fresh Fruit Pot



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ALLERGEN
FREE MENU