



ALLERGEN KEY

A Gluten B Crustaceans C Molluscs D Fish E Peanuts F Nuts G Eggs
H Soybeans I Milk J Celery K Mustard L Lupin M Sesame N Sulphur Dioxide

Week 1

6th Jan / 24th Feb / 31st Mar

Week 2

13th Jan / 3rd Mar

Monday

Meat Free Day

- ✓ Creamy tomato pasta served with sweetcorn and peas (A, I, J)
- ✓ Jacket potato with a choice of cheese/beans (I)
- S Salad
- D Fruit

Meat Free Day

- ✓ Lentil curry with spinach and sweet potato
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Tuesday

- M Chicken & bell pepper curry served with rice.
- ✓ Spinach, potato & chickpea curry served with rice.
- S Salad
- D Sponge cake with custard (A, I, G)

- M Digaag Duban served with roast potatoes, carrots, sweetcorn & gravy (A, H)
- ✓ Qudaar la shiilay (vegetable stir fry)
- S Salad
- D Banana Cake with Custard (A, G, I)

Wednesday

- M Shepherds pie served with Carrots, broccoli and gravy (A, I, J)
- ✓ Veggie wrap or sandwich of the day (A)
- S Salad
- D Flapjack (A)

- M Moroccan mutton meat tagine served with rice, broccoli & peas
- ✓ Moroccan chickpea & vegetable tagine
- S Salad
- D Fruit

Thursday

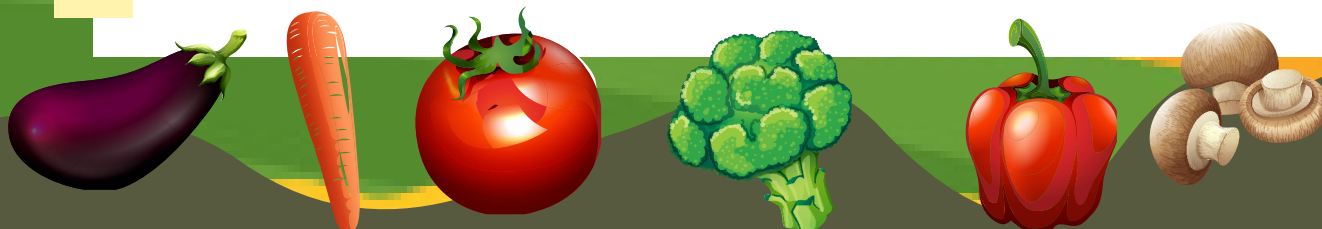
- M Grilled meat burger served with wedges (A)
- ✓ Pasta bake ((A, I)
- S Salad
- D Oaty carrot cake (A, G)

- M Cajun chicken pasta sauce served with pasta, green beans & carrots (A, I, J)
- ✓ Roasted corn & cheese quesedilla served with green beans and carrots (A, I)
- S Salad
- D Brownies (A, G)

Friday

- M Fish fingers & chips served with 50/50 veg and beans (A, D)
- ✓ Stir fried noodles (A, H)
- S Salad
- D Fruit

- M Fish fingers & chips served with 50/50 veg and beans (A, D)
- ✓ Mac & cheese (A, I)
- S Salad
- D Fruit



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Week 3

20th Jan / 10th Mar

Week 4

27th Jan / 17th Mar

Monday

Meat Free Day

- ✓ Spaghetti served with tomato sauce, garlic bread & cheese/sweetcorn (A, I, J)
- ✓ Jacket potato served with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Meat Free Day

- ✓ Creamy macaroni with tomato sauce served broccoli (A, I)
- ✓ Jacket potato served with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Tuesday

- M Chicken tikka curry served with fragrant flavoured rice
- ✓ Bombay sandwich (A)
- S Salad
- D Yoghurt (I)

- M Roast chicken with glazed carrots, cheesy mash, gravy & sweetcorn
- ✓ Cheese & onion pie served with baked beans (A, I)
- S Salad
- D Sponge cake served with custard (A, G, I)

Wednesday

- M Meat burger served with potato wedges (A)
- ✓ Jacket potato served with a choice of cheese/beans (A, I)
- S Salad
- D Crackers & cream cheese or fruit

- M Spaghetti bolognese served with sweetcorn & carrots (A, I, J)
- ✓ Cheese and pepper pasta bake (A, I)
- S Salad
- D Jelly

Thursday

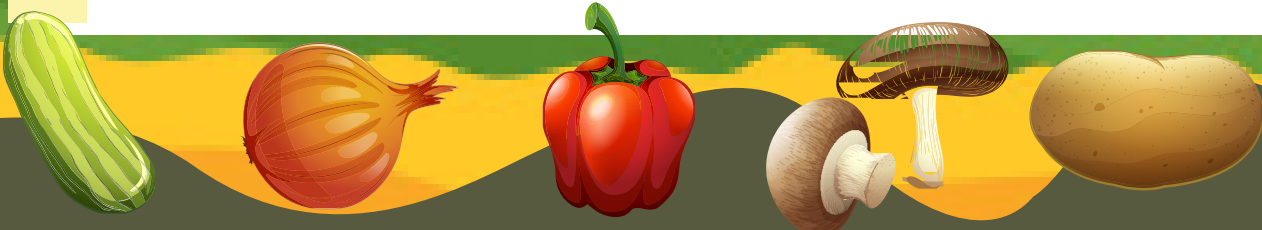
- M BBQ chicken pizza with sweetcorn served with pasta (A, I)
- ✓ Margherita pizza with sweetcorn & slaw (A, G, I)
- S Slaw (G)
- D Chocolate cake & custard (A, G, I)

- M Chicken fillet burger served with peri peri wedges (A, H)
- ✓ Vegetable chow mein (A, H)
- S Salad
- D Cornflake tart served with custard (A, I)

Friday

- M Fish fingers & chips served with 50/50 veg and beans (A, D)
- ✓ Falafel wrap (A)
- S Salad
- D Fruit

- M Fish fingers & chips served with 50/50 veg and beans (A, D)
- ✓ Cheese & tomato Panini served with chips (A, I)
- S Salad
- D Fruit



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Week 5

3rd Feb / 24th Mar

Week 6

10th Feb / 31st Mar

Monday		Meat Free Day ✓ Cheesy broccoli pasta bake served with mixed vegetables (A, I) ✓ Jacket potato with a choice of cheese/beans (A, I) D Fruit		Meat Free Day ✓ Lemon rice served with raita (I) ✓ Pasta with tomato sauce ✓ Jacket potato with a choice of cheese/beans (A, I) S Salad D Fruit
	Tuesday			M Mango & lime chicken served with mac & cheese (A, I) ✓ Buffalo cauliflour wings served with potato wedges (A, I) S Salad
Wednesday			M Bangers and mash served with baked beans & gravy (A, I, H, J) ✓ Squash onion and spinach tart (A, I) S Salad D Chocolate brownie (A, G)	
	Thursday		M Sweet and sour chicken served with chow mein noodles and green beans (A, H) ✓ Egg fried rice (G, H, J) S Salad D St clemant cake (A, G)	
Friday			M Fish fingers & chips served with 50/50 veg and beans (A, D) ✓ Pizza baguette served with chips (A, I) S Salad D Fruit	

