LUNCHTIME CO®

Commencing: 1st Nov, 22nd Nov, 13th Dec, 17th Jan, 7th Feb, 7th March, 28th March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beefburger in a Bun with Baked Wedges and Seasonal Vegetables (G) (W) (SE)	Chicken Goujon Wrap served with Baby New Potatoes and Fresh Salad (G) (W) (B) (SO) (C)	Beef Lasagne served with Garlic Bread and Seasonal Vegetables (G) (W) (MK)	Farm Assured Roast Chicken with Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy	Cod Fish Fingers served with Chips, Garden Peas and Baked Beans *Salmon Fish Fingers Available (G) (W) (F)
	(G) (W) (SE)	(G) (W) (B) (SO) (C)	(G) (W) (MK)	(G) (W) (E) (MK)	(G) (W) (F)
Meat Free	Vegetable Burger in a Bun with Baked Wedges and Seasonal Vegetables	Vegetable Goujon Wrap served with Baby New Potatoes and Fresh Salad	Vegetable Lasagne served with Garlic Bread and Seasonal Vegetables	Quorn Roast with Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy	Vegetable Nuggets served with Chips, Garden Peas and Baked Beans
	(G) (W) (SU) (SE)	(G) (W) (MK)	(G) (W) (MK)	(G) (W) (E) (MK)	(G) (W)
Jackets	Jacket Potato with Cheese and Baked Beans served with Fresh Salad	Jacket Potato with Cheese and Baked Beans served with Fresh Salad	Jacket Potato with Cheese and Baked Beans served with Fresh Salad	Jacket Potato with Cheese and Baked Beans served with Fresh Salad	Jacket Potato with Cheese and Baked Beans served with Fresh Salad
	(MK)	(MK)	(MK)	(MK)	(MK)
Lunchtime Lunchbox	Cheese Roll Cheese Straw Salad Sticks Fresh Sliced Fruit Apple Sponge (G) (W) (MK) (E) (SE)	Ham Salad Roll Pasta Salad Salad Sticks Fresh Sliced Fruit Chocolate Brownie (G) (W) (MK) (E) (SE)	Tuna Mayo Roll Pizza Finger Salad Sticks Fresh Sliced Fruit Cherry Cookie (G) (W) (MK) (E) (SE) (F)	Cheese Roll Pasta Salad Salad Sticks Fresh Sliced Fruit Fruit Flapjack (G) (W) (MK) (E) (SE)	Ham Roll Chicken Strips Salad Sticks Fresh Sliced Fruit Fruity Rocket Lolly (G) (W) (MK) (SE)
Desserts	Choose One of Our Fabulous Deserts Apple Sponge Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Chocolate Brownie Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Cherry Cookie Fruit Yogurt & Coulis Fresh Fruit (G) (W) (MK)	Choose One of Our Fabulous Deserts Fruit Flapjack Fruit Yogurt & Coulis Fresh Fruit (G) (W) (MK)	Choose One of Our Fabulous Deserts Fruity Rocket Lolly Fruit Yogurt & Coulis Fresh Fruit (G) (W) (MK)

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings





Commencing: 8th Nov, 29th Nov, 3rd Jan, 24th Jan, 21st Feb, 14th March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Hand Made Meat Feast Pizza served with Herby Diced Potatoes and Coleslaw	Butchers Sausages served with Mashed Potatoes, Seasonal Vegetables and Rich Gravy	Sticky Texan Chicken served with Golden Vegetable Rice and Pitta Slice	Farm Assured Roast Chicken with Potatoes, Seasonal Vegetables, Stuffing and Gravy	Fish Fingers served with Chips, Garden Peas and Baked Beans and Tomato Ketchup
	(G) (W) (SO) (MK) (E)	(G) (W) (SU) (MK) (SO)	(G) (W) (B) (C) (SO)	(G) (W)	(G) (W) (F)
Meat Free	Hand Made Cheese and Tomato Pizza served with Herby Diced Potatoes and Coleslaw	Quorn Sausages served with Mashed Potatoes, Honey Roasted Vegetables and Rich Gravy	Sticky Quorn Fillet served with Golden Vegetable Rice and Pitta Slice	Quorn Roast with Potatoes, Seasonal Vegetables, Stuffing and Gravy	Vegetable Nuggets served with Chips, Garden Peas and Baked Beans and Tomato Ketchup
Y	(G) (W) (S0) (MK) (E)	(G) (W) (B) (MK) (E)	(G) (W) (B) (C) (SO)	(G) (W) (E)	(G) (W)
Jackets	Jacket Potato with Cheese and Baked Beans served with Fresh Salad	Jacket Potato with Cheese and Baked Beans served with Fresh Salad	Jacket Potato with Cheese and Baked Beans served with Fresh Salad	Jacket Potato with Cheese and Baked Beans served with Fresh Salad	Jacket Potato with Cheese and Baked Beans served with Fresh Salad
	(MK)	(MK)	(MK)	(MK)	(MK)
Lunchtime Lunchbox	Cheese Roll Cheese Straw Salad Sticks Fresh Sliced Fruit Chocolate Crunch (G) (W) (MK) (E) (SE)	Ham Salad Roll Pasta Salad Salad Sticks Fresh Sliced Fruit Mixed Berry Sponge (G) (W) (MK) (E) (SE)	Tuna Mayo Roll Pizza Finger Salad Sticks Fresh Sliced Fruit Oaty Bar (G) (W) (MK) (E) (SE) (F)	Cheese Roll Pasta Salad Salad Sticks Fresh Sliced Fruit Banana Cake (G) (W) (MK) (E) (SE)	Ham Roll Chicken Strips Salad Sticks Fresh Sliced Fruit Shortbread (G) (W) (MK) (SE)
Desserts	Choose One of Our Fabulous Deserts Chocolate Crunch Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Mixed Berry Sponge Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Oaty Bar Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Banana Cake Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Shortbread Fruit Yogurt & Coulis Fresh Fruit (G) (W) (MK) (SE)

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings





Commencing: 15th Nov, 6th Dec, 10th Jan, 31st Jan, 28th Feb, 21st March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Hot Dog in a Roll served with Potato Wedges, Seasonal Vegetables and Tomato Ketchup (G) (W) (SU) (SO) (SE)	Mild and Creamy Chicken Curry with Fluffy Rice and Pitta Slice (G) (W) (MK)	Pasta Bolognese served with Seasonal Vegetables and Garlic Bread (G) (W) (MK)	Farm Assured Roast Chicken with Roast Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy (G) (W) (E) (MK)	Cod Fish Fingers served with Chips, Garden Peas and Baked Beans and Tomato Ketchup (G) (W) (F)
Meat Free	Quorn Dog in a Roll served with Potato Wedges, Seasonal Vegetables and Tomato Ketchup (G) (W) (B) (MK) (E) (SE)	Cheese & Tomato Pizza served with Jacket Wedges& Fresh Salad (G) (W) (E) (MK) (SO)	Mediterranean Vegetable and Tomato Pasta with Seasonal Vegetables and Garlic Bread (G) (W) (MK)	Quorn Roast with Roast Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy (G) (W) (E) (MK)	Vegetable Nuggets served with Chips, Garden Peas and Baked Beans and Tomato Ketchup (G) (W)
Jackets	Jacket Potato with Cheese and Baked Beans served with Fresh Salad (MK)	Jacket Potato with Cheese and Baked Beans served with Fresh Salad (MK)	Jacket Potato with Cheese and Baked Beans served with Fresh Salad (MK)	Jacket Potato with Cheese and Baked Beans served with Fresh Salad (MK)	Jacket Potato with Cheese and Baked Beans served with Fresh Salad (MK)
Lunchtime Lunchbox	Cheese Roll Cheese Straw Salad Sticks Fresh Sliced Fruit Vanilla Crunch (G) (W) (MK) (E) (SE)	Ham Salad Roll Pasta Salad Salad Sticks Fresh Sliced Fruit Chocolate Cake (G) (W) (MK) (E) (SE)	Tuna Mayo Roll Pizza Finger Salad Sticks Fresh Sliced Fruit Lemon Drizzle Cake (G) (W) (MK) (E) (SE) (F)	Cheese Roll Pasta Salad Salad Sticks Fresh Sliced Fruit Fruit Cookie (G) (W) (MK) (E) (SE)	Ham Roll Chicken Strips Salad Sticks Fresh Sliced Fruit Strawberry Muffin (G) (W) (MK) (SE)
Desserts	Choose One of Our Fabulous Deserts Vanilla Crunch Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Chocolate Cake Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Lemon Drizzle Cake Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Fruit Cookie Fruit Yogurt & Coulis Fresh Fruit (G) (W) (MK)	Choose One of Our Fabulous Deserts Strawberry Muffin Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings

