Week 1 Lunch Menu







	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Cheesy Beans On Toast **Allergens-** **Wheat, Milk**	Vegan Bolognaise Wholewheat Pasta **Allergens-** **Pasta- Wheat**	Vegetarian Magic Stew **Allergens- Sulphur Dioxide**	Sweet Potato & Chickpea Curry **Allergens-** **Milk**	BBQ Bean Golden Pocket **Allergens-** **Milk, Soya, Wheat**
Main meal 2	Roasted Vegetable Pasta Bake **Allergens-** **Wheat, Milk**	Bolognaise Sauce Wholewheat Pasta **Allergens-** **Pasta- Wheat**	Roast Chicken, Stuffing & Gravy **Allergens:-** **Stuffing- Wheat**	Chilli Con Carne **Allergens:-None**	Bubble Crumb Salmon **Allergens-** **Fish**
Side Dish	Oven Baked Wedges Sweetcorn **Allergens- None**	Carrots & Broccoli **Allergens- None**	Skin On Roast Potatoes Roasted Vegetables **Allergens- None**	Rice & Grains Green Beans **Allergens-None**	Oven Baked Chips Baked Beans **Allergens- None**
Jacket Potato Bar	Jacket Potato Beans Cheese **Allergens-** **Cheese- Milk**	Jacket Potato Tuna Mayo Beans Cheese **Allergens-** **Cheese- Milk** **Tuna Mayo- Fish, Egg**	Jacket Potato Tuna Mayo Beans Cheese **Allergens-** **Cheese- Milk** **Tuna Mayo- Fish, Egg**	Jacket Potato Tuna Mayo Beans Cheese **Allergens-** **Cheese- Milk** **Tuna Mayo- Fish, Egg**	Jacket Potato Tuna Mayo Beans Cheese **Allergens-** **Cheese- Milk** **Tuna Mayo- Fish, Egg**
Greenhouse Greens	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens:** **Pasta- Wheat** **Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens:** **Pasta- Wheat** **Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens:** **Pasta- Wheat** **Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens:** **Pasta- Wheat** **Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens:** **Pasta- Wheat** **Bread- Wheat, Milk, Soya**
Lunch- vegan alternative dessert	Oaty Fruit Crunch **Allergens:-** **Wheat, Oats, Barley** Fruit Salad **Allergens- None**	Plant Power Brownie **Allergens:-** **Wheat** **Milk , Egg** Fruit Salad **Allergens- None**	Chocolate Orange Cookie **Allergens-Wheat , Milk , Egg** Fruit Salad **Allergens- None**	Courgette Cake **Allergens:** **Milk, Egg, Wheat** Fruit Salad **Allergens- None**	Chocolate Mousse with Banana **Allergens- Milk** Fruit Salad **Allergens- None**







Week 2 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Gr-Eight Tomato Sauce Wholewheat Pasta **Allergens- Wheat**	Vegetarian Chilli Non Carne **Allergens- None**	Cauli-Power Cheese Wholewheat Pasta **Allergens- Milk, Wheat**	Smashed Bean Burger In Bun **Allergens- Bun-Wheat**	Curious Minced Non- Meat Curry Popeye Rice & Grains **Allergens- None**
Main meal 2	Vegetarian Super Wrap **Allergens: Wheat, Milk**	Mild Chicken Curry **Allergens-None**	Roast Gammon, Gravy **Allergens-None**	Smashed Burger In Bun **Allergens: Burger-Barley, Egg Bun- Wheat,**	Chunky Fish Finger Bap **Allergens- Bap-Wheat Fish Finger-Egg, Mustard, Fish**
Side Dish	Rainbow Wedges Cauliflower & Broccoli **Allergens- Cauliflower & Broccoli- Wheat, Soya**	Popeye Rice & Grains Corn on the Cob **Allergens- None**	Roast Potatoes Peas & Cabbage **Allergens- Potatoes- Sulphites**	Oven Baked Potato Wedges Red Cabbage Slaw **Allergens- Slaw-Egg, Wheat, Mustard, Sulphur**	Oven Baked Chips Baked Beans **Allergens- None**
Jacket Potato Bar	Jacket Potato Beans Cheese **Allergens- Cheese- Milk**	Jacket Potato Tuna Mayo Beans Cheese **Allergens- Cheese- Milk Tuna Mayo- Fish, Egg**	Jacket Potato Tuna Mayo Beans Cheese **Allergens- Cheese- Milk Tuna Mayo- Fish, Egg**	Jacket Potato Tuna Mayo Beans Cheese **Allergens- Cheese- Milk Tuna Mayo- Fish, Egg**	Jacket Potato Tuna Mayo Beans Cheese **Allergens- Cheese- Milk Tuna Mayo- Fish, Egg**
Greenhouse Greens	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens: Pasta- Wheat Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens: Pasta- Wheat Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens: Pasta- Wheat Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens: Pasta- Wheat Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens: Pasta- Wheat Bread- Wheat, Milk, Soya**
Lunch- vegan alternative dessert	Apple Flapjack **Allergens- Oats, Sulphites** Fruit Salad **Allergens- None**	Jam & Coconut Sponge with Custard **Allergens: Sponge- Egg, Sulphites, Wheat Custard- Milk** Fruit Salad	Apple & Banana Cake **Allergens- Egg, Wheat, Milk, Sulphites** Fruit Salad **Allergens- None**	Cornflake Cookie **Allergens: Barley, Wheat, Soya** Fruit Salad **Allergens- None**	Chocolate Shortbread **Allergens- Wheat** Fruit Salad **Allergens- None**







Week 3 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Coconut Tikka Masala **Allergens-** **None**	Vegetarian Lasagne **Allergens- Milk, Wheat**	Greek Buttery Puffs, Tomato & Leafy Greens **Allergens- None**	Smashed Bean Burger In Bun **Allergens-Bun-Wheat**	Vegetarian Cottage Pie **Allergens-** **Milk**
Main meal 2	Cauli-Power Cheese Wholewheat Pasta **Allergens:** **Wheat, Milk**	Beef Lasagne **Allergens: Wheat, Milk**	Chicken & Roast Gammon Pie **Allergens:-** **Milk, Wheat, Egg**	Meatball Cheesy Roll **Allergens-Barley, Egg, Milk, Wheat**	Bubble Crumb Pollock **Allergens-Gluten Free, Fish**
Side Dish	Popeye Rice & Grains Green Beans **Allergens- None**	Oven Baked Potato Wedges Corn on the Cob **Allergens- None**	Mash Potato Green Beans & Carrots **Allergens- Potato- Milk**	Skin On Roast Potato Sweetcorn **Allergens- None**	Oven Baked Chips Baked Beans **Allergens- None**
Jacket Potato Bar	Jacket Potato Beans Cheese **Allergens-** **Cheese- Milk**	Jacket Potato Tuna Mayo Beans Cheese **Allergens-** **Cheese- Milk** **Tuna Mayo- Fish, Egg**	Jacket Potato Tuna Mayo Beans Cheese **Allergens-** **Cheese- Milk** **Tuna Mayo- Fish, Egg**	Jacket Potato Tuna Mayo Beans Cheese **Allergens-** **Cheese- Milk** **Tuna Mayo- Fish, Egg**	Jacket Potato Tuna Mayo Beans Cheese **Allergens-** **Cheese- Milk** **Tuna Mayo- Fish, Egg**
Greenhouse Greens	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens:** **Pasta- Wheat** **Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens:** **Pasta- Wheat** **Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens:** **Pasta- Wheat** **Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens:** **Pasta- Wheat** **Bread- Wheat, Milk, Soya**	Lettuce, Tomato, Cucumber, Pasta, Grated Carrot & freshly Baked Bread **Aller gens:** **Pasta- Wheat** **Bread- Wheat, Milk, Soya**
Lunch- vegan alternative dessert	Oaty Fruit Crunch **Allergens:-** **Oats, Wheat** Fruit Salad	Chocolate Cake & Custard **Allergens:** **Cake- Wheat, Egg** **Custard- Milk**	Shortbread **Allergens: Wheat, Milk** Fruit Salad **Allergens- None**	Peaches in Jelly with Cream **Allergens:** **None** Fruit Salad	Chocolate Brownie with Beetroot **Allergens: Wheat & Egg** Fruit Salad