

Week 1 lunch menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch- starter		Vegetable samosa with red pepper & raita dip Allergens: Samosa- wheat Raita- milk		Cheese garlic bread Allergens: Milk, wheat	
Lunch- starter alternative		Under 1's- Butternut squash & pepper puree None		Vegan- As above without cheese Under 1's- Cheesy mash & beans Mash- milk	
Lunch- main meal	Chicken and lentil dahl With rice & flatbread Allergens: Flatbread- wheat	Smokey veggie mince stew with wholegrain rice & steamed peas Allergens: Veggie mince stew- sulphites	Roast turkey, roast potatoes, peas & carrots & gravy Allergens: None	Beef bolognaise, spaghetti & mixed vegetables Allergens: Spaghetti- wheat	Poached pollock in parsley sauce with roasted vegetables & new potatoes' Allergens: Pollock- fish Parsley sauce- wheat, milk
Lunch- vegetarian main meal alternative	Lentil & vegetable curry with rice & flatbread Bread- wheat	As above	Chickpea & spinach patties, with gravy roast potatoes & peas & carrots Patties- wheat	Vegan bolognese spaghetti & mixed vegetables Allergens: Spaghetti- wheat	Vegan chilli, rice & salsa Allergens: None
Lunch- vegan main meal alternative	As above	As above	As above	As above	As above
Lunch- pudding	Cinnamon poached pear & low-fat yoghurt Allergens: Yoghurt- milk		Mini blueberry muffin Muffin- wheat, egg		Fruit salad Allergens: None
Lunch- alternative pudding	Vegan- Cinnamon poached pear & coconut yoghurt Allergens: None		Under 1's & vegan- Blueberries & coconut yoghurt Allergens: None		As above



Week 1 tea menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea – main meal	Margherita pizza slice , vegetable sticks & chive & cream dip Allergens: Pizza- wheat, milk	Baked sweet potato& cheese & crudites Allergens: Cheese- milk	Curried lentil soup & wholemeal bread Allergens: Bread- wheat, soya	Chicken, sweetcorn & mayo sandwich with cherry tomato halves & cucumber sticks Allergens: Bread- wheat, soya Mayo- egg	Jackfruit taco & freshly baked potato wedges & chopped salad Allergens: Taco- wheat
Tea –alternative meal option	Vegan- Tomato & basil pasta & veg sticks Allergens: Pasta- wheat Under 1's- Tomato & cheese pasta Allergens: Pasta- wheat & cheese	Vegan- Baked sweet potato & vegan cheese & crudites Allergens: Cheese- oats Under 1's- Baked sweet potato wedges & beans	As above	Vegan- Vegan cheese & onion mayo sandwich Allergens: Bread- wheat and soya Vegan cheese- oats, Vegan mayo- mustard Under 1's- Steamed chicken & broccoli Allergens: None	Under 1's- Cheesy mash & beans Allergens: Mash-milk
Tea - pudding	Apricot & oat cookie Allergens: oat, wheat, sulphites	Blueberry pancake bites Allergens: wheat & soya	Coconut flapjack Allergens: oats, sulphites	Strawberry & mango Allergens: None	Lemon cake Allergens: wheat
Tea –alternative pudding	Under 1's- Overnight oats & sultanas Allergens: oats, milk	Under 1's- Blueberries & coconut yoghurt Allergens: None	Under 1's- Apple & sultana puree Allergens: None	As above	Under 1's- Banana & yoghurt Allergens: Yoghurt- milk

Week 2 lunch menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch- starter	Dough sticks & garlic mayo dip Allergens: Dough stick- wheat		Vegan carrot & corn fritters & lemon mayo Allergens: Fritters- wheat, oat Mayo- mustard		Leek & potato soup with sliced brown bread Allergens: Soup- celery Bread- wheat, soya
Lunch- starter alternative	Under 1's- Steamed mixed vegetables Allergens: None		Under 1's- Steamed carrots Allergens: None		
Lunch- main meal	No chicken sweet & sour with vegetable rice Allergens: None	Salmon & broccoli crumble & carrots Allergens: Salmon crumble- wheat, milk, fish, barley	Chicken & leek puff pastry pie & mixed vegetables & gravy Allergens: Pie- wheat, milk, egg	3 veg mac & cheese & steamed broccoli Allergens: Mac & cheese- wheat & milk	Beef sliders with salad & baked sweet potato wedges Allergens: Slider- egg
Lunch- vegetarian main meal alternative	As above	Fragrant coconut vegetables, steamed basmati rice, cauliflower & broccoli Allergens: None	Root vegetable puff pastry pie & mixed vegetables & gravy Allergens: Pie- wheat, oat	As above	Falafel sliders with salad & baked sweet potato wedges Allergens: None
Lunch- vegan main meal alternative	As above	As above	As above	Vegan pasta bake with roasted carrots & beetroot Allergens: Wheat, oats	As above
Lunch- pudding		Beetroot chocolate brownie Allergens: soya, wheat, egg		Ginger cake Allergens: wheat, egg, milk, sulphites	
Lunch- alternative pudding		Under 1's and vegan- Blueberries & coconut yoghurt Allergens: None		Vegan- Lemon cake Allergens: Wheat Under 1's- Stewed apple & ginger Allergens: None	



Week 2 tea menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea – main meal	Creamy cauliflower & broccoli cheese bake With cucumber sticks Allergens: Pasta bake- wheat, milk	Tuna mayonnaise sandwiches with peppers & carrot Allergens: Sandwich- wheat, soya, fish, egg	Cornflake chicken dippers with cucumber sticks & lemon yoghurt dip Allergens: Chicken- wheat, egg, milk, barley Yoghurt dip- milk	Wholewheat petit pan with cheese & salad Allergens: Cheese- milk Petit pan- wheat, barley Pickle- barley, sulphites	Spiced chickpea fritters With potato salad Allergens: Potato salad- sulphites
Tea – alternative meal option	Vegan- Creamy cauliflower & broccoli vegan cheese bake Allergens: Pasta bake- wheat, oats	Vegan- Vegan cheese sandwich with peppers & carrots Allergens: Sandwich- wheat, soya, oats, mustard Under 1's Tuna and potato Allergens: fish	Vegan- Vegan sausage roll & beans Allergen- Wheat, sulphites Under 1's Steamed chicken & broccoli Allergens: None	Whole wheat petit pan with vegan cheese & salad Allergens: Petit pan- wheat, barley pickle- barley, sulphites	As above
Tea - pudding	Yoghurt with stewed rhubarb & plums Allergens: Yoghurt- milk	Ginger & oat cookie Allergens: wheat, oats	Fruit salad Allergens: None	Carrot & orange cake Allergens: Cake- wheat, egg, milk	Fruit scones Allergens: Scone- wheat, milk, egg
Tea – alternative pudding	Vegan- as above with coconut yoghurt Allergens: None	Under 1s- Stewed apple & ginger Allergens: None	As above	Under 1's- Fruits of the forest & yoghurt Allergens: None	Under 1's- Stewed Apples & Ginger Allergens: None Vegan- banana cupcake Allergens: Wheat, oats

Week 3 lunch menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch- starter	Butternut squash & parsnip soup Allergens: Soup- sulphites		Cheese & potato frittata Allergens: Frittata- milk, egg		
Lunch- starter alternative			Vegan- Beetroot dip & breadsticks Allergens: Dip- sesame Breadstick- wheat		
Lunch- main meal	Loaded Mexican sweet potato with carrot sticks & avocado houmous Allergens: Houmous- sesame Cheese- milk	Creamy pesto chicken breast with wholewheat pasta & cauliflower Allergens: Pasta- wheat Sauce- wheat, milk	Fish pie & garden peas Allergens: Pie- fish, wheat, milk	Roast pork, roast potatoes, mixed vegetables & gravy Allergens: None	Lamb cobbler with swede mash Allergens: Cobbler- wheat
Lunch- vegetarian main meal alternative	Under 1's- Sweet potato wedges & steamed carrots	Creamy pesto Oumph with wholewheat pasta & cauliflower Allergens: Oumph- soya Pasta- wheat Sauce- soya, wheat	Creamy vegetable pie & garden peas Allergens: Soya, celery	Roasted Oumph, roast potatoes, mixed vegetables & gravy Allergens: Oumph- soya	Vegan cobbler with swede mash Allergens: Cobbler- wheat
Lunch- vegan main meal alternative	As main option, with vegan cheese Allergens: Cheese- oat	As above	As above	As above	As above
Lunch- pudding		Banana bread Allergens: wheat, egg		Mini avocado muffin Allergens: wheat, egg	Wibble banana mousse Allergens: milk
Lunch- alternative pudding		Vegan and Under 1's- Banana & cream Allergens: None		Under 1's- Smashed avocado Allergens: None	Vegan- Wibble strawberry jelly Allergens: None



Week 3 tea menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea – main meal	Cheese and courgette scone with cream cheese & mixed crudites Allergens: Scone- wheat, egg, milk Cream cheese- milk	Half jacket potato, beans & salad Allergens: None	Chicken wrap cucumber & smokey mayo dip Allergens: Wrap- wheat, egg Mayo dip- egg Under 1's- Steamed chicken & veg	Mediterranean vegetables couscous, served with flat bread and mint yogurt dip Allergens: couscous- wheat bread- wheat	Tuna & sweetcorn wholewheat pasta with red pepper sticks Allergens: Tuna pasta- fish, mustard, wheat
Tea –alternative meal option	Vegan- Savoury vegan cheese tortilla with cherry tomatoes Allergens: Wrap- oats, wheat, mustard, sesame Under 1s Sweet potato & carrot mash Allergens: milk, sulphites		Falafel & houmous wrap with vegetable sticks Allergens: Wrap- wheat, sesame		Courgette puff pinwheel, salad, & chive mayo Allergens: Pinwheel- wheat & oats Mayo- mustard
Tea - pudding	Wibble strawberry jelly Allergens: None	Watermelon sticks Allergens: None	Plum sponge with cream Allergens: Sponge- wheat, egg	Raspberry & honey flapjack Allergens: Flapjack- oats	Power brownie Allergens: Brownie- wheat, soya, egg
Tea – alternative pudding		Under 1's- Banana & watermelon Allergens: None	Vegan- Eggless plum sponge with vegan cream Allergens: Sponge- wheat	Under 1's and Vegan- Coconut overnight oats Allergens: Oats, soya, sulphites	Under 1's- Banana & pear puree Allergens: None Vegan- Ginger & oat cookie Allergens: Oats, wheat

