



WEEK	DAY	MAINS		SIDES	PUDDINGS
[Insert content here]	[Insert content here]	Meat	Vegetarian		
1	Monday	Tomato & basil pasta bake ^(1,3)	Vegetable tagine & couscous ⁽³⁾	Roasted cauliflower, sweetcorn	Pineapple & melon
	Tuesday	BBQ chicken or margherita pizza ^(1,3,6,11)	Jollof rice	Skin on wedges, green beans	Fruit salad
	Wednesday	Roast turkey & gravy	Winter casserole cobbler ^(1,3)	Skin-on roast potatoes, winter roots	Fruit jelly
	Thursday	Cottage pie	Pepper, basil & tomato tart ^(1,3,11)	Mashed potato ⁽¹⁾ , savoy cabbage, carrots	Fresh fruit selection
	Friday	Fish fingers/salmon fishcakes ^(1,2)	Sweet potato falafel, pitta, yoghurt ^(1,3)	Chips, baked beans, peas	Fruit jelly
2	Monday	Red lentil & cauliflower curry	Vegetable lasagne ^(1,3,14)	Garlic bread, broccoli, sweetcorn	Fruit Smoothie
	Tuesday	Sausages & gravy ^(3,12)	Vegetarian sausages & gravy ^(1,3,11)	Mashed potato ⁽¹⁾ , carrots, peas	Fruit salad
	Wednesday	Roast turkey & gravy	Squash & cheddar quiche ^(1,3,11)	Roast potatoes, Winter roots	Fruit platter
	Thursday	Moroccan chicken	Vegetable fajita wrap ^(1,3)	Couscous ⁽³⁾ , cauliflower, savoy cabbage	Melon & pineapple
	Friday	Battered fish ^(1,2,3)	Mediterranean pasta	Chips, baked beans, peas	Iced carrot cake ^(1,3,11)
3	Monday	Margherita pizza ^(1,3,6,11)	Mixed bean enchilada ^(1,3)	Baked potato wedges, carrots, green beans	Fruit smoothie
	Tuesday	Spaghetti bolognese ⁽³⁾	Black bean noodle stir fry ^(1,3,6,11)	Sweetcorn, broccoli	Pineapple & melon
	Wednesday	Roast chicken & gravy	Spinach & pepper souffle potato ^(1,11)	Skin-on roast potatoes, Winter roots	Fruit salad
	Thursday	Sausage hot dog ^(3,12)	Quorn sausage hot dog ^(1,3,11)	Wedges, baked beans, cauliflower	Fruit platter
	Friday	Fish fingers ^(1,2)	Cheese quesadilla ^(1,3)	Chips, baked beans, peas	Shortbread biscuit ⁽¹⁾



Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE