

**Monday**



Pork Sausages (G.SU)

or



(v) Chinese Style Quorn Noodles (E.G.)

**Tuesday**



BBQ Chicken Fillet Wrap (G.)

or



(v) Farmhouse Omelette (D.E.)

**Wednesday**



Roast Pork or Gammon

or



(v) Vegetarian Toad in the Hole (G.SU.SB,D,E.)

**Thursday**



Pasta Bolognese (G.) Optional Cheese (D.)

or



(v) Cheddar Cheese and Potato Pie (D.E.)

**Friday**



\*Crispy Fishcake (F.G.SB)

or



(v) Rustic Margherita Pizza (D.G.)

Every day choose from:



(v) Jacket Potato with Cheese (D.)

or



Jacket Potato with Tuna Mayonnaise (E.F.)

or



(v) Jacket Potato with Cheese and Beans (D.)



All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

**Accompaniments may vary to those shown in the photographs.**

**Key**

- vg = vegan
- V = vegetarian
- D = Dairy
- N = Coconut/Nuts
- S = Sesame
- E = Egg
- G = Gluten/Wheat
- F = Fish
- M = Mustard
- SB = Soya
- SU = Sulphites

\*Salmon and Sweet Potato



**Allergies**

Please contact your school cook for information regarding the content of dishes and products on our menu.

**Monday**



Organic Pork Meatballs (G.SU)

OR



(v) Vegetable Cottage Pie with Cheesy Mash Top (D.)

Every day choose from:



(v) Jacket Potato with Cheese (D.)

OR



Jacket Potato with Tuna Mayonnaise (E.F.)

OR



(v) Jacket Potato with Cheese and Beans (D.)

**Tuesday**



Brunch: Sausage (G.SU), Bacon, Omelette (D.E.)

OR



(v) Quorn Korma (very mild) (M.D.E.)

**Wednesday**



Roast Beef in Gravy

OR



(vg) Veggie Bolognese with Noodles (G.SB.)

**Thursday**



Chicken Pie (D.G.)

OR



(vg) Veggie Sausages (SU.G.SB.)

**Friday**



Breaded Pollock Fillet (F.)

OR



(v) Quorn Nuggets (G.D.E.)



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**Meat Free Monday**



(v) Cheese and Tomato Pizza Wedge (D.G.)

or



(vg) Breadcrumbs Vegetable Fingers (G.)

**Every day choose from:**



(v) Jacket Potato with Cheese (D.)

or



Jacket Potato with Tuna Mayonnaise (E.F.)

or



(v) Jacket Potato with Cheese and Beans (D.)

**Tuesday**



Organic Beef Grill (G.) in a Bun (G.)

or



(v) Cheesy Pasta Bake (G.D.)

**Wednesday**



Roast Chicken joint or Fillet

or



(v) Vegetable Korma (M.D.E.)

**Thursday**



Organic Beef Lasagne (G.D.)

or



(vg) Veggie Hot Dog (G.SB.SU.)

**Friday**

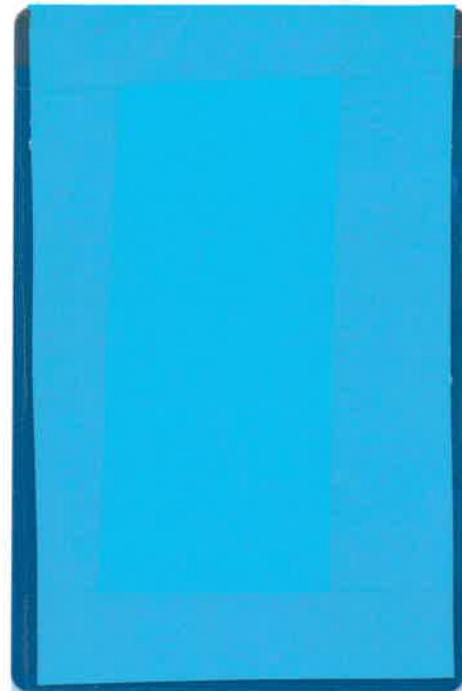


Gluten Free Fish Fingers (F.)

or



Tomato Fusilli  
(v) Pasta in a Rich Tomato Sauce (D.G.)



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