

## Breakfast Menu

\*\* Alternate weeks depending on delivery

Monday	Allergen No.	Tuesday	Allergen No.	Wednesday	Allergen No.	Thursday	Allergen No.	Friday	Allergen No.
Rice Krispies	2	Rice Krispies	2	Pancakes **	2, 4, 7	Rice Krispies	2	Rice Krispies	2
Malties	2	Malties	2	Crumpets **	2	Malties	2	Malties	2
Cheerios	2, 10	Cheerios	2, 10	Rice Krispies	2	Cheerios	2, 10	Cheerios	2, 10
Weetabix	2	Weetabix	2	Malties	2	Weetabix	2	Weetabix	2
Cornflakes	2	Cornflakes	2	Cheerios	2, 10	Cornflakes	2	Cornflakes	2
Bread (Toast) Kingsmill 50/50	2, 13	Bread (Toast) Kingsmill 50/50	2, 13	Weetabix	2	Bread (Toast) Kingsmill 50/50	2, 13	Bread (Toast) Kingsmill 50/50	2, 13
I cant believe its not butter	7	I cant believe its not butter	7	Cornflakes	2	I cant believe its not butter	7	I cant believe its not butter	7
Blackcurrant Jam		Blackcurrant Jam		Bread (Toast) Kingsmill 50/50	2, 13	Blackcurrant Jam		Blackcurrant Jam	
Strawberry Jam		Strawberry Jam		I cant believe its not butter	7	Strawberry Jam		Strawberry Jam	
Yoghurt	7	Yoghurt	7	Blackcurrant Jam		Yoghurt	7	Bacon	
Orange Juice		Orange Juice		Strawberry Jam		Orange Juice		Bread Rolls	2, 13
Apple Juice		Apple Juice		Yoghurt	7	Apple Juice		Tomato Ketchup	10, 12
Semi-skimmed Milk	7	Semi-skimmed Milk	7	Orange Juice		Semi-skimmed Milk	7	Brown Sauce	2
Water		Drinking Chocolate	7	Apple Juice		Drinking Chocolate	7	Orange Juice	
		Water		Semi-skimmed Milk	7	Water		Apple Juice	
				Water				Semi-skimmed Milk	7
								Water	

### Lunch Menu - Week 1

Monday	Allergen No.	Tuesday	Allergen No.	Wednesday	Allergen No.	Thursday	Allergen No.	Friday	Allergen No.
Sausage Roll	2, 7, 13, 14	Cottage Pie	2, 7, 13, 14	Roast Chicken		Ham Pasta Bake	2, 7	Salmon Fish Cake	2, 5, 7, 9
Macaroni Cheese	2, 7	Quorn balls in gravy	2, 4, 7	Stuffing balls	2	Vegetable Noodle Stir Fry	2, 13	Cheese wraps	2, 7
Jacket Potato with Baked Beans		Jacket Potato		Vegetable Nuggets	2	Jacket Potato		Jacket Potato with Baked Beans	
Pasta	2	Cheese and coleslaw	9, 4, 7	Jacket Potato		Cheese	7	Oven Baked chips	
Seasonable Vegetables		Seasonable Vegetables		Tuna Mayo	4, 5, 9	Seasonable Vegetables		Baked Beans	
Chocolate Sponge	2, 4	Gingerbread Biscuits	2, 4	Fresh Vegetables		Fruit Crumble		Peas	
Chocolate Custard	2, 4, 7			Roast Potatoes		Custard	2, 7	Angel Delight	7
				Fresh Fruit Salad					

Gravy 2, 7, 13 - Bread 2, 4, 7, 13 - Yoghurt 7

### Lunch Menu - Week 2

Monday	Allergen No.	Tuesday	Allergen No.	Wednesday	Allergen No.	Thursday	Allergen No.	Friday	Allergen No.
Chicken Korma	7	Pork Sausages	2, 14	Roast Gammon		Beef Lasagne	2, 7	Fish in Wholemeal crumb	2, 5, 7
Mild Quorn Chilli	2, 4, 7	Cheese and Baked Bean Puff	2, 4, 7	Vegetable Fingers	2	Vegetable Pasta Bake	2	Cheese and Onion Pasty	2, 7
Jacket Potato with Baked Beans		Jacket Potato		Jacket Potato		Jacket Potato		Jacket Potato with Baked Beans	
Boiled Rice		Cheese and coleslaw	4, 7, 9	Tuna Mayo	4, 5, 9	Cheese	7	Oven Baked chips	
Seasonable Vegetables		Mashed Potato	7	Fresh Vegetables		Seasonable Vegetables		Baked Beans	
Fruity Flapjack	2	Seasonable Vegetables		Roast Potatoes		Garlic Bread	2, 7, 13	Peas	
		Gingerbread Biscuits		Chocolate Crispy Cake	2, 7, 13	Jam Roly Poly		Raspberry Ripple Mousse	7
						Custard	2, 4, 7		

Gravy 2, 7, 13 - Bread 2, 4, 7, 13 - Yoghurt 7

### Lunch Menu - Week 3

Monday	Allergen No.	Tuesday	Allergen No.	Wednesday	Allergen No.	Thursday	Allergen No.	Friday	Allergen No.
Pork Meatballs in Gravy	2, 7	Cheese and Tomato Pizza	2, 4, 7, 13	Roast Pork and Apple Sauce		Beef Bolognese	2	Fish Fingers	2, 5
Quorn Sausages	2, 4, 7	Vegetable Spring Rolls	1, 2, 13, 14	Vegetable Ravioli		Cheese and Potato Pie	7	Vegetable Grill	1, 2, 4
Jacket Potato		Jacket Potato		Jacket Potato		Jacket Potato		Jacket Potato	
Cheese	7	Baked Beans		Cheese and Coleslaw	4, 7, 9	Tuna Mayo	4, 5, 9	Oven Baked chips	
Boiled Rice		Potato Wedges		Fresh Vegetables		Seasonable Vegetables		Baked Beans	
or Potato Choice		Seasonable Fresh Vegetables		Roast Potatoes		Pasta		Peas	
Seasonable Vegetables		Fruit Sponge	2, 4, 7	Fresh Fruit Salad		Vegetables		Fruit Jelly	
Iced Sponge	2, 4, 7	Custard	2, 4, 7			Jammie Biscuits	2, 4		

Gravy 2, 7, 13 - Bread 2, 4, 7, 13 - Yoghurt 7

#### Tuck Shop Allergens

	Allergen No.
Yoghurt Raisins	7, 13
Raisins	
Tomato Soup	7
Fruit in Jelly	
Smoothies	
Orange Juice	
Apple Juice	
Capri Sun Crush	
Water	