

# Let's see what's for lunch...

## Allergen Information

Please note that all meat dishes are available as both halal and non halal, the allergens remain the same for both options.

Meat Free Monday	<b>Main Meals</b> Mediterranean Wrap topped with a Rich Tomato & Mozzarella Sauce (G,MK) with Hand Cut Potato Wedges V  Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce (G,e,MK) V  Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	<b>Vegetables</b> Carrots & Garden Peas V  <b>Dessert</b> Spiced Apple & Honey Oaty Crumble (G,mk) with Custard (MK) V  Homemade Mousse (MK) V
	<b>Main Meals</b> Slow Cooked Beef Masala Curry (SO,MK,MU) with Turmeric Infused Rice  Courgette Layered Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK) V  Pasta (G) with Cheese Sauce (G,MK) V	<b>Vegetables</b> Green Beans & Sweetcorn V  <b>Dessert</b> Jam Sponge (G,E,mk,SU) with Custard (MK) V  Jelly V
Tuesday	<b>Main Meals</b> Lemon & Thyme Roasted Chicken & Stuffing (G) with Roast Potatoes  Roasted Cherry Tomato, Egg & Broccoli Tart (G,E,MK) with Roast Potatoes V  Wholemeal Pasta (G) with Beef Bolognese Sauce	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Savoy Cabbage V  <b>Dessert</b> Chocolate & Pear Sponge (G,E,mk) with Chocolate Custard (MK) V  Homemade Mousse (MK) V
	<b>Main Meals</b> Chicken Sausages with Mashed Potato (MK), Sage & Red Onion Gravy in a Yorkshire Pudding (G,E,MK)  Butterbean & Mushroom Stroganoff (MK) with Pearl Barley Rice (G) V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> BBQ Smoky Beans & Carrots V  <b>Dessert</b> Cinnamon & Apple Shortcrust Pastry Pie (G,MK) with Vanilla Ice Cream (MK) V  Jelly V
Wednesday	<b>Main Meals</b> Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad  Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V  Pasta (G) with Beef Bolognese Sauce	<b>Vegetables</b> Green Beans & Kachumber Salad V  <b>Dessert</b> Carrot Cake (G,E,mk) with Custard (MK) V  Jelly V
	<b>Main Meals</b> Honey & Paprika Roast Chicken with Roast Potatoes  Five Bean & Barley Cassoulet (G) with Fresh Herb Dumplings (G,mk) V  Wholemeal Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Garden Peas V  <b>Dessert</b> Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V  Homemade Mousse (MK) V
Thursday	<b>Main Meals</b> Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK)  Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> Carrots & Broccoli V  <b>Dessert</b> Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V  Jelly V
	<b>Main Meals</b> Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU)  Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V  Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Chocolate & Beetroot Brownie (G,E,mk) V  Homemade Mousse (MK) V
Friday	<b>Main Meals</b> Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU)  Cheddar & Onion Swirl (G,MK) with Chips V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Vanilla Shortbread Biscuit (G) V  Homemade Mousse (MK) V
	<b>Main Meals</b> Tomato & Basil Pasta Salad (G) V  Sweet Potato & Chickpea Pesto Salad (MK) V  Traditional Coleslaw (E) V  Giant Cous Cous with Feta Cheese & Mint (G,MK,MU) V  Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	<b>Freshly Baked Bread</b> Pumpkin & Carrot (G,SO,MK,e) V  Wholemeal (G,SO,MK,e) V  <b>Dessert</b> Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

Meat Free Monday	<b>Main Meals</b> Cheese & Tomato Pizza (G,MK) with Hand Cut Potato Wedges V  Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella (G,MK,SU) V  Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	<b>Vegetables</b> Boston Baked Beans & Sweetcorn V  <b>Dessert</b> Caramelised Apple & Plum Crumble (G,mk) with Custard (MK) V  Homemade Mousse (MK) V
	<b>Main Meals</b> Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad  Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V  Pasta (G) with Beef Bolognese Sauce	<b>Vegetables</b> Green Beans & Kachumber Salad V  <b>Dessert</b> Carrot Cake (G,E,mk) with Custard (MK) V  Jelly V
Tuesday	<b>Main Meals</b> Lemon & Thyme Roasted Chicken & Stuffing (G) with Roast Potatoes  Roasted Cherry Tomato, Egg & Broccoli Tart (G,E,MK) with Roast Potatoes V  Wholemeal Pasta (G) with Beef Bolognese Sauce	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Garden Peas V  <b>Dessert</b> Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V  Homemade Mousse (MK) V
	<b>Main Meals</b> Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK)  Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> Carrots & Broccoli V  <b>Dessert</b> Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V  Jelly V
Wednesday	<b>Main Meals</b> Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad  Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V  Pasta (G) with Beef Bolognese Sauce	<b>Vegetables</b> Green Beans & Kachumber Salad V  <b>Dessert</b> Carrot Cake (G,E,mk) with Custard (MK) V  Jelly V
	<b>Main Meals</b> Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU)  Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V  Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Chocolate & Beetroot Brownie (G,E,mk) V  Homemade Mousse (MK) V
Thursday	<b>Main Meals</b> Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK)  Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> Carrots & Broccoli V  <b>Dessert</b> Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V  Jelly V
	<b>Main Meals</b> Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU)  Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V  Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Chocolate & Beetroot Brownie (G,E,mk) V  Homemade Mousse (MK) V
Friday	<b>Main Meals</b> Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU)  Cheddar & Onion Swirl (G,MK) with Chips V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Vanilla Shortbread Biscuit (G) V  Homemade Mousse (MK) V
	<b>Main Meals</b> Tomato & Basil Pasta Salad (G) V  Sweet Potato & Chickpea Pesto Salad (MK) V  Traditional Coleslaw (E) V  Giant Cous Cous with Feta Cheese & Mint (G,MK,MU) V  Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	<b>Freshly Baked Bread</b> Pumpkin & Carrot (G,SO,MK,e) V  Wholemeal (G,SO,MK,e) V  <b>Dessert</b> Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

Meat Free Monday	<b>Main Meals</b> Vegetarian Bolognese Sauce (G,SO) with Herby Spaghetti (G,mk) V  Red Lentil & Cheese Loaf (G,E,SO,se,MK) with a Rich Tomato Sauce & Hand Cut Potato Wedges V  Jacket Potato with Baked Beans, Tuna Mayonnaise (E,F) or Grated Cheese (MK)	<b>Vegetables</b> Broccoli & Carrots V  <b>Dessert</b> Poached Pear & Apple Crumble (G,mk) with Custard (MK) V  Jelly V
	<b>Main Meals</b> Chargrilled Spicy Chicken Fajitas (G) with Mexican Rice  Linda McCartney Sausages (G,SO,SU) with Mashed Potato (MK) & Caramelised Red Onion Gravy in a Yorkshire Pudding (G,E,MK) V  Pasta (G) with Tomato & Basil Sauce & Grated Cheese (MK) V	<b>Vegetables</b> Mixed Peas & Sweetcorn V  <b>Dessert</b> Sticky Toffee Pudding (G,E,MK) with Custard (MK) V  Homemade Mousse (MK) V
Tuesday	<b>Main Meals</b> Lemon & Thyme Roasted Chicken & Stuffing (G) with Roast Potatoes  Roasted Cherry Tomato, Egg & Broccoli Tart (G,E,MK) with Roast Potatoes V  Wholemeal Pasta (G) with Beef Bolognese Sauce	<b>Vegetables</b> Roasted Seasonal Root Vegetables & Garden Peas V  <b>Dessert</b> Marbled Chocolate Sponge (G,E,mk) with Chocolate Custard (MK) V  Homemade Mousse (MK) V
	<b>Main Meals</b> Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK)  Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> Carrots & Broccoli V  <b>Dessert</b> Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V  Jelly V
Wednesday	<b>Main Meals</b> Mild Chilli Beef Taco (g,MK) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad  Chargrilled Spicy Fajitas (G,SO) with Mexican Rice V  Pasta (G) with Beef Bolognese Sauce	<b>Vegetables</b> Green Beans & Kachumber Salad V  <b>Dessert</b> Carrot Cake (G,E,mk) with Custard (MK) V  Jelly V
	<b>Main Meals</b> Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU)  Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V  Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Chocolate & Beetroot Brownie (G,E,mk) V  Homemade Mousse (MK) V
Thursday	<b>Main Meals</b> Farm Assured Beef Lasagne (G,MK) with a Garlic Bread Shard (G,e,SO,MK)  Mild Chilli Taco (G,MK,SO) & Minted Yoghurt (MK) with Chunky Tomato Salsa Salad V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> Carrots & Broccoli V  <b>Dessert</b> Red Cherry & Apple Shortcrust Pastry Pie (G,mk) with Vanilla Ice Cream (MK) V  Jelly V
	<b>Main Meals</b> Battered Cod (G,F) & Chips with Tartar Sauce(G,E,SU)  Free Range Egg, Cheese & Vegetable Frittata (E,MK) with Chips V  Jacket Potato with Baked Beans, Grated Cheese (MK) or Salmon Mayonnaise (E,F)	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Chocolate & Beetroot Brownie (G,E,mk) V  Homemade Mousse (MK) V
Friday	<b>Main Meals</b> Fish Fingers (G,F) & Chips with Tartar Sauce (G,E,SU)  Cheddar & Onion Swirl (G,MK) with Chips V  Jacket Potato with Baked Beans or Grated Cheese (MK) V	<b>Vegetables</b> Baked Beans & Garden Peas V  <b>Dessert</b> Vanilla Shortbread Biscuit (G) V  Homemade Mousse (MK) V
	<b>Main Meals</b> Tomato & Basil Pasta Salad (G) V  Sweet Potato & Chickpea Pesto Salad (MK) V  Traditional Coleslaw (E) V  Giant Cous Cous with Feta Cheese & Mint (G,MK,MU) V  Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V	<b>Freshly Baked Bread</b> Pumpkin & Carrot (G,SO,MK,e) V  Wholemeal (G,SO,MK,e) V  <b>Dessert</b> Fresh Fruit Platter V Homemade Yoghurt (MK,SO) V

Week 1: 29 Oct, 19 Nov, 10 Dec, 31 Dec, 21 Jan, 11 Feb, 4 Mar, 25 Mar

Week 2: 5 Nov, 26 Nov, 17 Dec, 7 Jan, 28 Jan, 18 Feb, 11 Mar, 1 Apr

Week 3: 12 Nov, 3 Dec, 24 Dec, 14 Jan, 4 Feb, 25 Feb, 18 Mar

BM2 HalalNon V - Suitable for vegetarians P - Plant based items.  
MAY CONTAINS ARE SPECIFIED BY lower case letters.

Allergen Key: Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

**pabulum**  
HONESTLY GOOD FOOD