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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	FISHCAKES WITH TOMATO SAUCE VEGGIE SPAGHETTI BOLOGNESE V	COTTAGE PIE FILLED YORKIES CHEESE & RED ONION PINWHEELS V	CHICKEN & STUFFING SPANISH OMELETTE	SAUSAGES & ONION GRAVY CHILLI NON CARNE & NACHOS Y	BREADED FISH FINGERS CHEESY TOMATO PIZZA V
STARCHY DISHES	HERBY DICED POTATOES	MASHED POTATOES MINTED POTATOES	ROAST POTATOES	NEW POTATOES STEAMED RICE	CHIPS
VEGETABLES	MIXED VEG GREEN BEANS	BROCCOLI CAULIFLOWER	CARROTS CABBAGE	GREEN BEANS SWEETCORN	PEAS BAKED BEANS
DESSERTS	SHORTBREAD	PINEAPPLE UPSIDE DOWN CAKE & CUSTARD	BANANA MOUSSE	JAM ROLY POLY & CUSTARD	ICE CREAM

Week **Two** Menu week Commencing

11/09, 02/10, 30/10, 20/11, 11/12, 08/01, 29/01

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	CHICKEN & VEGETABLE HOTPOT MACARONI CHEESE V	PORK MEATBALLS IN A CREAM SAUCE CARROT & POTATO CURRY V	GAMMON CHEESE & BAKED BEAN PUFF ¥	BEEF LASAGNE LEEK, POTATO & SPINACH CRUMBLE V	CHEESY TOMATO PIZZA V BREADED FISH
STARCHY DISHES	BAKED NEW POTATOES	MASHED POTATO PILAU RICE	ROAST POTATOES	BUTTERED NEW POTATOES	CHIPS
VEGETABLES	PEAS CAULIFLOWER	BROCCOLI SWEETCORN	CAULIFLOWER CHEESE CABBAGE	CARROTS GREEN BEANS	PEAS BAKED BEANS
DESSERTS	MANDARIN JELLY	CHOCOLATE SPONGE & CHOCOLATE CUSTARD	RICE PUDDING & JAM SAUCE	TREACLE TART & CUSTARD	ICED SPRINKLE SPONGE

Week Three Menu Week Commencing

18/09, 09/10, 06/11, 27/11, 18/12, 15/01, 05/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	HONEY & MUSTARD CHICKEN VEGGIE SAUSAGE TOAD IN THE HOLE V	BEEF CASSEROLE RED ONION & BROCCOLI QUICHE V	ROAST PORK QUORN ROAST IN GRAVY **	SAUSAGE PLAIT CHEESE & TOMATO PASTA BAKE	BREADED FISH FINGERS CHEESE & TOMATO PIZZA V
STARCHY DISHES	PARSLEY BUTTERED POTATOES	SPRING ONION MASHED POTATO	ROAST POTATOES	SAUTE POTATOES	CHIPS
VEGETABLES	CARROT & SWEDE MASH MIXED VEG	PARSNIPS BROCCOLI	CARROTS CABBAGE	PEAS SWEETCORN	PEAS BAKED BEANS
DESSERTS	GINGER CAKE & CUSTARD	APPLE CRUMBLE & CUSTARD	CINNAMON SWIRLS	STRAWBERRY MOUSSE WITH BERRY COMPOTE	ICE CREAM

Hobbie! Wise Choices



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	FISH CAKES IN A TOMATO SAUCE VEGGIE SPAGHETTI BOLOGNESE V	COTTAGE PIE	CHICKEN & STUFFING	SAUSAGES IN ONION GRAVY CHILLI NON CARNE	BREADED FISH FINGERS
STARCHY DISHES	HERBY DICED POTATOES	MASHED POTATOES	ROAST POTATOES	NEW POTATOES STEAMED RICE	CHIPS
VEGETABLES	MIXED VEG GREEN BEANS	BROCCOLI CAULIFLOWER	CARROTS CABBAGE	GREEN BEANS SWEETCORN	PEAS BAKED BEANS
DESSERTS	DAIRY FREE SHORTBREAD	OAT COOKIES	FREE FROM VANILLA SPONGE	JELLY	FREE FROM CHOCOLATE SPONGE

Autumn/ Winter Dairy & Egg Free Menus 2023/24

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Week Twc	Menu	Week Commencing	11/09, 02/10, 30/10, 20/11, 11	/12, 08/01, 29/01

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	CHICKEN & VEGETABLE HOTPOT	PORK MEATBALLS & GRAVY	ROAST GAMMON	BEEF PASTA BOLOGNESE	DAIRY FREE PIZZA
STARCHY DISHES	BAKED NEW POTATOES	MASHED POTATOES	ROAST POTATOES		CHIPS
VEGETABLES	PEAS CAULIFLOWER	BROCCOLI SWEETCORN	CABBAGE CAULIFLOWER	CARROTS GREEN BEANS	PEAS BAKED BEANS
DESSERTS	MANDARIN JELLY	FREE FROM CHOCOLATE CAKE	FRUIT SALAD	OAT COOKIES	FREE FROM SPONGE

Freshly baked bread, Salad bar & Fresh fruit available daily

Week	Three Me	nu Week Con	mencing 18/09.0	09/10, 06/11, 27/11, 1	8/12, 15/01, 05/0
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	VEGGIE SAUSAGES	SLICED CHICKEN IN GRAVY	ROAST PORK	PASTA IN A TOMATO SAUCE	BREADED FISH FINGERS
STARCHY DISHES	NEW POTATOES	SPRING ONION MASHED POTATOES	ROAST POTATOES		CHIPS
VEGETABLES	CARROTS & SWEDE MASH MIXED VEGETABLES	PARSNIPS BROCCOLI	CARROTS CABBAGE	PEAS SWEETCORN	PEAS BAKED BEANS
DESSERTS	FREE FROM VANILLA SPONGE	FLAPJACK	FREE FROM BROWNIE	FRUIT SALAD	JELLY





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	GLUTEN FREE VEGGIE SPAGHETTI BOLOGNESE	COTTAGE PIE	SLICED CHICKEN IN GRAVY SPANISH OMELETTE	CHILLI NON CARNE	GLUTEN FREE PIZZA
STARCHY DISHES			ROAST POTATOES	STEAMED RICE	CHIPS
VEGETABLES	MIXED VEG GREEN BEANS	BROCCOLI CAULIFLOWER	CARROTS CABBAGE	GREEN BEANS SWEETCORN	PEAS BAKED BEANS
DESSERTS	GF SHORTBREAD	OAT COOKIES	BANANA MOUSSE	JELLY	ICE CREAM
	Salad bar & Fresh fruit avai	lable daily			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	GLUTEN FREE VEGGIE SPAGHETTI BOLOGNESE	COTTAGE PIE	SLICED CHICKEN IN GRAVY SPANISH OMELETTE	CHILLI NON CARNE	GLUTEN FREE PIZZA
STARCHY DISHES			ROAST POTATOES	STEAMED RICE	CHIPS
VEGETABLES	MIXED VEG GREEN BEANS	BROCCOLI CAULIFLOWER	CARROTS CABBAGE	GREEN BEANS SWEETCORN	PEAS BAKED BEANS
DESSERTS	GF SHORTBREAD	OAT COOKIES	BANANA MOUSSE	JELLY	ICE CREAM
	Salad bar & Fresh fruit avai	lable daily			

Week **Two** Menu week Commencing 11/09, 02/10, 30/10, 20/11, 11/12, 08/01, 29/01

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	CHICKEN & VEGETABLE HOTPOT	CARROT & POTATO CURRY	ROAST GAMMMON	GLUTEN FREE PASTA BOLOGNESE	GF SAUSAGES
STARCHY DISHES	BAKED NEW POTATOES	PILAU RICE	ROAST POTATOES		CHIPS
VEGETABLES	PEAS CAULIFLOWER	BROCCOLI SWEETCORN	CABBAGE CAULIFLOWER	CARROTS GREEN BEANS	PEAS BAKED BEANS
DESSERTS	MANDARIN JELLY	GF CHOCOLATE BROWNIE	RICE PUDDING & JAM SAUCE	CHOCOLATE MOUSSE	ICE CREAM

Week Three Menu Week Commencing 18/09, 09/10, 06/11, 27/11, 18/12, 15/01, 05/0						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
SLICED CHICKEN & GRAVY	RED ONION & BROCCOLI FRITTATA	ROAST PORK ROAST QUORN IN GRAVY	GLUTEN FREE CHEESE & TOMATO PASTA BAKE	GLUTEN FREE PIZZA		
PARSLEY BUTTERED POTATOES	SPRING ONION MASHED POTATO	ROAST POTATOES		CHIPS		
CARROT & SWEDE MASH MIXED VEG	PASRNIPS BROCCOLI	CARROTS CABBAGE	PEAS SWEETCORN	PEAS BAKED BEANS		
GF VANILLA SPONGE	FLAPJACK	GF BROWNIE	STRAWBERRY MOUSSE WITH A BERRY COMPOTE	ICE CREAM		
	MONDAY SLICED CHICKEN & GRAVY PARSLEY BUTTERED POTATOES CARROT & SWEDE MASH MIXED VEG	MONDAY TUESDAY SLICED CHICKEN & RED ONION & BROCCOLI FRITTATA PARSLEY BUTTERED POTATO CARROT & SWEDE MASH PASRNIPS MIXED VEG BROCCOLI	MONDAY TUESDAY WEDNESDAY ROAST PORK ROAST PORK ROAST PORK ROAST PORK ROAST QUORN IN GRAVY PARSLEY BUTTERED POTATOES SPRING ONION MASHED POTATO CARROT & SWEDE MASH PASRNIPS CARROTS CABBAGE	MONDAY TUESDAY WEDNESDAY ROAST PORK ROAST PORK ROAST QUORN IN GRAVY PARSLEY BUTTERED POTATOES SPRING ONION MASHED POTATOES CARROT & SWEDE MASH MIXED VEG BROCCOLI GF VANILLA SPONGE FLAPJACK WEDNESDAY ROAST PORK ROAST POTATOES		

Autumn/ Winter Gluten Free Menus 2023/24

- All meals will be produced with Items that DQ NOT contain Gluten Wheat, or Wheat products.

