

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Grissini sticks & Cheesy Houmous (G,Mk)	Cheese (Mk) & Crackers(G)	Vegetable Crudites & Cream Cheese (Mk)	Raisin Bagel (G,SD)	Rice Cake with Cheese (Mk)
Main course	Beef & Vegetable Chilli con Carni	Roast Turkey (G)	Mild Chicken Korma (Mk)	Lingfield Sausages served with Gravy (G,SD)	Salmon fish fingers with a tortilla wrap (G,F)
Veggie main Course	Lentil & Vegetable Chilli con Carni	Pepper Stuffed with Rice and Vegetables with a tomato sauce (Mk)	Butternut and Sweet Potato Curry	Glamorgan Sausages served with Gravy (G,M,Mk)	Quorn Fish fingers with a tortilla wrap (G)
On the side	Steamed Vegetables Steamed Brown Rice	Roast Potato (SD) Steamed Vegetables	Steamed Brown Rice Steamed Fresh Carrots	Mash Potato Steamed Vegetables	Chips Steamed Peas
Dessert	Individual Yoghurts (Mk)	Lemon Sponge (G,E)	Sliced Watermelon	Frozen Yoghurt (Mk)	Fresh fruit Friday
Tea	Ham & Cheese Panini served with Vegetable Crudites (G, Mk)	Homemade Cheese & Tomato Pizza Muffins served with Vegetable Crudites (G,Mk)	Chicken Wraps with Salad and Vegetable Crudites (G)	Tomato Pasta Bake served with Vegetable Crudites (G,Mk)	Jacket Potato Baked Beans & Grated Cheese served with Vegetable Crudites (Mk)
Veggie Tea	Cheese Panini served with Vegetable Crudites (G,Mk)		Vegetable Wraps with Salad and Vegetable Crudites (G)		

Contains:

Gluten – (G) Egg – (E) Sulphur Dioxide – (SD) Dairy – (Mk) Fish – (F) Soya – (S) Mustard – (M) Celery – (C) Shellfish – (SF)
All our menus are free from, Nuts, Tree Nuts, Molluscs. Menu & Allergen subject to change if you have an allergy (CHECK WITH KITCHEN)



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Cheese (Mk) & Crackers(G)	Grissini sticks & Cheesy Houmous (G,Mk)	Vegetable Crudites & Cream Cheese (Mk)	Raisin Bagel (G,SD)	Rice Cake with Cheese (Mk)
Main course	Simply Chicken in a Tomato Sauce penne pasta (G)	Roast Gammon with gravy	Chicken Tikka Masala (Mk)	Sausage & Bean Pasta Bake (G,Mk,SD)	Beef burger in a bun (G,S)
Veggie main course	Simply Quorn in a Tomato Sauce penne pasta (G)	Stuffed ½ peppers with a tomato sauce (Mk)	Vegetable tikka masala (Mk)	Vegetable & Bean Pasta Bake (G,Mk)	Homemade Vegetable Burger (G,S)
On the side	Grated Cheese (Mk) Steamed Carrots	Roast Potato Steamed Vegetables	Steamed Brown Rice Cucumber & Pepper Batons	Cucumber Slices & Sweetcorn	Chips Steamed Vegetables
Dessert	Pineapple Slices	Diced Peaches & Yoghurt (Mk)	Honeydew Melon Slices	Hazelwood Nursery Cake (G,E)	Fresh Fruit Friday
Tea (All Tea options served with Crudites)	Ham & Cheese Panini served with Vegetable Crudites (G,Mk)	Homemade Cheese & Tomato Pizza Muffins served with Vegetable Crudites (G,Mk)	Tomato Pasta Bake served with Vegetable Crudites (G,Mk)	Chicken Wraps with Salad and Vegetable Crudites (G)	Jacket Potato Baked Beans & Grated Cheese served with Vegetable Crudites (Mk)
Veggie Tea	Cheese Panini served with Vegetable Crudites (G,Mk)			Vegetable Wraps with Salad and Vegetable Crudites (G)	

Contains:



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Cheese (Mk) & Crackers(G)	Vegetable Crudites & Cream Cheese (Mk)	Grissini sticks & Cheesy Houmous (G,Mk)	Raisin Bagel (G,SD)	Rice Cake with Cheese (Mk)
Main course	Greek meatballs in a tomato & oregano sauce (G)	Macaroni Cheese (G,Mk)	Beanie Lamb Shepards Pie	Beef Bolognaise	Breaded Fish Fillet (G,F)
Veggie main course	Vegan meatballs in a tomato & oregano sauce (G,S)		Beanie Vegetable Shepards Pie	Vegetable Bolognaise or Baked Beans	Vegetable Goujons (G)
On the side	Steamed Brown Rice Grated Cheese (Mk) Steamed Vegetables	Garlic Bread <mark>(G)</mark> Steamed Vegetables	Steamed Vegetables	Small Jacket Potato Grated Cheese (Mk) Carrot & Pepper Batons	Chips Steamed Peas
Dessert	Individual Yoghurts (Mk)	Banana Cake (G,E)	Sliced Melon	Frozen Yoghurt (Mk)	Fresh Fruit Friday
Tea (All Tea options served with Crudites)	Ham & Cheese Panini served with Vegetable Crudites (G,Mk)	Chicken Wraps with Salad and Vegetable Crudites (G)	Homemade Cheese & Tomato Pizza Muffins served with Vegetable Crudites (G,Mk)	Tomato Pasta Bake served with Vegetable Crudites (G,Mk)	Jacket Potato Baked Beans & Grated Cheese served with Vegetable Crudites (Mk)
Veggie Tea	Cheese Panini served with Vegetable Crudites (G,Mk)	Vegetable Wraps with Salad and Vegetable Crudites (G)			

Contains: