







-  Added Plant Power
-  Vegan
-  Wholemeal
-  Marine Stewardship Council

**Meat Free Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>Week starting</b>  <b>19 Oct</b>	Option 1	Macaroni Cheese	BBQ Hot Dog & Wedges	Roast Chicken served with Roast Potatoes & Gravy	Cottage Pie with Cheesy Mash	Fish and Chips 
	Option 2	Soya Bolognaise with Herby Spaghetti 	Quorn Burger with Wedges	Lentil & Tomato Whirl with Roast Potatoes	Lentil & Roasted Vegetable Curry with Scented Rice	Spanish Omelette with Chips
	Vegetables	Carrot & Cucumber Sticks	Rainbow Slaw & Crisp Chopped Salad	Cauliflower Broccoli	Summer Roasted Vegetables	Baked Beans Peas
	'Grab & Go' Dessert	Flapjack or Fresh Fruit	Chocolate & Beetroot Cake or Fresh Fruit	Banana Cake or Fresh Fruit	Lemon & Orange Shortbread or Fresh Fruit	Fruit Ice Lolly or Fresh Fruit

**Available Daily**

- Freshly cooked jacket potatoes with a choice of fillings
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:**

If your child has an allergy or intolerance, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.