January - April 2020

Week 1

Monday	Main Course	SAUSAGE (SD,C,MU,CE) BACON (SD) HASH BROWN (GF)
	Vegetarian Main	TWO QUORN SAUSAGE (V,GF,E,CE,D)
	Served With	HASH BROWN (GF) TOMATOES,(CE) BAKED BEANS (GF,V) SCRAMBLES EGG (D,E) MUSHROOMS (CE)
	Dessert	VANILLA SPONGE (C,E,D) AND CUSTARD (D,GF)
Tuesday	Main Course	CHINESE CHICKEN CURRY (CE,C,MU)
	Vegetarian Main	SWEET AND SOUR SAUCE WITH CRISPY VEGETABLES (CE)
	Served With	RICE (GF) NOODLES (N,C,E) PRAWN CRACKERS (CR,E,C,F,N,S,C)
	Deli Wrap (C,SS) or Pasta (E,C)/Noodle Bar (N,C,E) RICE (GF)	PULLED BBQ CHICKEN (H,C,CE) MAY CONTAIN BONES
	Dessert	LEMON DRIZZLE (C,E,D)
Wednesday	Main Course	ZINGY CHICKEN BURGER IN A FLOUR BAP (H,E,C,SS)
	Vegetarian Main	VEGETABLE BURGER IN A FLOUR BAP (V,D,C,SS,CE,E)
	Served With	FARMHOUSE FRIES (V) BEANS (V,GF) COLESLAW (CE,E,MU,D)
	Dessert	SUGAR RING DONUTS (E,D,SS,C,V)
Thursday	Main Course	ROAST CHICKEN (GF)
	Vegetarian Main	VEGAN SAVOURY BAKE (H,C)
	Served With	ROAST POTATOES, VEGETABLES (CE) SAGE AND ONION STUFFING (C,M,CE) AND YORKSHIRE PUDDING (C,E)
	Deli Wrap (C,SS) or Pasta (E,C)/Noodle Bar (N,C,E) RICE (GF)	ITALIAN CHICKEN (H,C,GF) TOMATO AND BASIL (CE,V)
	Dessert	APPLE CRUMBLE (C,E,D) WITH CUSTARD (GF,D)
Friday	Main Course	BATTERED COD FILLET (F,D,E,C,MU)
	Vegetarian Main	CHEESE AND ONION PASTY (V,C,E,MU,D)
	Served With	FARMHOUSE FRIES (v) BEANS (v,GF) CURRY SAUCE (CE,C,MU)
	Dessert	VANILLA AND CHOCOLATE CHIP MUFFIN (C,D,SD,E)

Week 1 Week 2 Week 3 Week 4

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January - April 2020

Week 2

Monday	Main Course	CHILLI CON CARNE (GF,CE)
	Vegetarian Main	VEGAN CHILLI CON CARNE (V,CE)
	Served With	RICE (GF) NACHOS (C,SS) CHEESE (D) AND SALAD (CE)
	Deli Wrap (C,SS) or Pasta	CHICKEN ARRABIATA (H,CE,GF)
	(E,C)/Noodle Bar (N,C,E) RICE (GF)	POMODORO (GF,CE,V)
	Dessert	CHOCOLATE CAKE AND CUSTARD (C,E,D)
Tuesday	Main Course	CHICKEN TIKKA CURRY (H,GF,CE,N)
	Vegetarian Main	SPINACH DHAL WITH ROASTED CAULIFLOWER AND SWEET POTATO (V,GF,N)
	Served With	RICE (GF) NAAN BREAD (C)
	Deli Wrap (C,SS) or Pasta (E,C)/Noodle Bar (N,C,E) RICE (GF)	PORK AND BEEF MEATBALLS (C,CE) QUORN MEATBALLS (C,V,CE,E,S,SD)
	Dessert	CHOCOLATE CORNFLAKE HEDGEHOG (C,D)
Wednesday	Main Course	PEPPERONI AND HAM PIZZA (D,C,SS,S,SD)
	Vegetarian Main	CHEESE AND TOMATO PIZZA (V,D,C,SS,SD)
	Served With	FARMHOUSE FRIES (V) BEANS (V,GF)
	Dessert	FLAPJACK (C,D)
Thursday	Main Course	CARIBBEAN JERK CHICKEN WINGS (GF)
	Vegetarian Main	BUTTERNUT SQUASH,CARROT AND PEPPER PATTIE (C,E,CE)
	Served With	RICE AND KIDNEY BEANS (N,GF,D) DUMPLINGS (C,D) SALAD (CE)
	Deli Wrap (C,SS) or Pasta	SWEET CHILLI CHICKNE (H,GF,CE)
	(E,C)/Noodle Bar (N,C,E) RICE (GF)	PROVENCAL VEGETABLES (GF,V,CE)
	Dessert	RASPBERRY JAM DONUTS (E,D,SS,V)
Friday	Main Course	BREADED CHICKEN GOUJONS (H,D,E,C,MU)
	Vegetarian Main	SOUTHERN FRIED QUORN GOUJONS (V,D,E,CE)
	Served With	FARMHOUSE FRIES (V) BEANS (V,GF)
	Dessert	CHOCOLATE CHIP MUFFINS (C,E,D)

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January - April 2020

		Week 3
Monday	Main Course	SAUSAGE (SD,C,MU,CE) BACON (SD) HASH BROWN (GF)
	Vegetarian Main	TWO QUORN SAUSAGE (V,GF,E,CE,D)
	Served With	HASH BROWN (GF) TOMATOES,(CE) BAKED BEANS (GF,V) SCRAMBLES EGG (D,E) MUSHROOMS (CE)
	Dessert	CHOCOLATE CONRETE AND CUSTARD (C,E,D)
Tuesday	Main Course	PIRI PIRI CHICKEN THIGH (GF)
	Vegetarian Main	ROASTED VEGETABLE PIRI BURGER (V,CE,SS,C)
	Served With	POTATO WEDGES (GF,V) RICE (GF) COLESLAW (CE,E,MU,D)
	Deli Wrap (C,SS) or Pasta (E,C)/Noodle Bar (N,C,E) RICE (GF)	BBQ SAUSAGE (CE,SD,C) TOMATO ABD BASIL (V,CE,GF)
	Dessert	ICED FAIRY CAKES (E,D,C)
Wednesday	Main Course	BEEF BURGER IN A FLOUR BAP (C,SS)
	Vegetarian Main	VEGAN BURGER IN A VEGAN BRIOCHE BUN (V,SS)
	Served With	FARMHOUSE FRIES (V) BEANS (V,GF) COLESLAW (CE,E,MU,D)
	Dessert	CHOCOLATE FLAP JACK (C,D)
Thursday	Main Course	HONEY BAKED GAMMON (SD,GF)
	Vegetarian Main	CHEESE AND POTATO PIE
	Served With	CREAMY MASH POTATO (D,CE,V) PEAS (CE) GRAVY (GF,CE)
	Deli Wrap (C,SS) or Pasta (E,C)/Noodle Bar (N,C,E) RICE (GF)	CHICKEN AND PEPPER (GF,CE,H) TOMATO AND PEPPER (GF,CE,V)
	Dessert	FUDGE CAKE (C,E,D) AND CUSTARD (D,GF)
Friday	Main Course	PEPPERONI AND HAM PIZZA (D,C,SS,S,SD)
	Vegetarian Main	CHEESE AND TOMATO PIZZA (V,D,C,SS,SD)
	Served With	FARMHOUSE FRIES (v) BEANS (v,GF)
	Dessert	CHOCOLATE MOUSSE (D,E)

Week 1 Week 2 Week 3 Week 4

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January - April 2020

		Week 4					
Monday	Main Course	CHEESY PASTA BAKE WITH CHICKENAND BACON (C,E,D)					
	Vegetarian Main	MACARONI CHEESE WITH ROASTED TOMATOES (V,D,E,C)					
	Served With	TOSSED SALAD (CE) GARLIC BREAD (C,D,SS)					
	Deli Wrap (C,SS) or Pasta	SWEET CHILLI CHICKEN (H,GF,CE)					
	(E,C)/Noodle Bar (N,C,E) RICE (GF)	SWEET CHILLI VEGETABLES (CE,GF,V)					
	Dessert	VICTORIA SPONGE (C,E,D)					
Tuesday	Main Course	CHILLI BEEF ENCHILLADA IN A RICH TOMATO SAUCE (CE,C,SS)					
	Vegetarian Main	VEGETABLE CHILLI ENCHILLADA IN A RICH TOMATO SAUCE (V,CE,SS,C)					
	Served With	POTATO WEDGES (GF, V) AND ROASTED SWEETCORN AND PEPPERS (CE)					
	Deli Wrap (C,SS) or Pasta	CRISPY BREADED CHICKEN WITH LETTUCE AND MAYO (H,E,MU,D,SS,SD,CE)					
	(E,C)/Noodle Bar (N,C,E) RICE (GF)	SOUTHERN COATED QUORN WITH LETTUCE AND MAYO (C,MU,D,SD,E,V,SS)					
	Dessert	COCONUT JAM SPONGE (E,C,D,CE,N)					
Wednesday	Main Course	PORK HOT DOGS (C,SD,E,SS)					
cancoaa,	Vegetarian Main	VEGAN SAUSAGE ROLL (C)					
	Served With	FARMHOUSE FRIES (v) BEANS (v,GF) COLESLAW (CE,E,MU,D)					
	Deli Wrap (C,SS) or Pasta	BBQ CHICKEN (H,SD,GF,CE)					
	(E,C)/Noodle Bar (N,C,E) RICE (GF)	CREAMY LEEK (D,CE,V)					
	Dessert	SUGAR RING DONUTS (E,D,SS,C,V)					
Thursday	Main Course	PORK SAUSAGE (c)					
,	Vegetarian Main	QUORN SAUSAGE (V,E,SD)					
	Served With	CREAMY MASH (CE,D) PEAS (CE) GRAVY (CE, GF)					
	Deli Wrap (C,SS) or Pasta	BBQ CHICKEN (H,SD,GF,CE)					
	(E,C)/Noodle Bar (N,C,E) RICE (GF)	CREAMY LEEK (D,CE,V)					
	Dessert	CARROT CAKE (CE,E,D,C)					
Friday	Main Course	BREADED CHICKEN GOUJONS (H,D,E,C,MU)					
	Vegetarian Main	SOUTHERN FRIED QUORN GOUJONS (V,D,E,CE)					
	Served With	FARMHOUSE FRIES (v) BEANS (v,GF)					
	Dessert	CHOCOLATE CHIP COOKIE (C,E,D,SD)					
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ALLERGENS KEY

- P-PEANUTS
- N NUTS (TREE NUTS)
- D DAIRY PRODUCTS
- S-SOVA

MU - MUSTARD

- L-LUPIN
- E-EGGS
- F-FISH
- GL GLUTEN
- CR CRUSTACEANS (PRAWNS) MO - MOLLUSCS (SCALLOPS, MUSSELS)
- SS SESAME SEED
- CE CELERY
- **SD SULPHUR DIOXIDE**



CE - CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.



GL-GLUTEN

Wheat, rye, barley and oats is often found in foods containing flour such as some types of baking powder and fried foods which are dusted with flour.



CR - CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south east Asian curries or salads, is an ingredient to look out for.



E - EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



F-FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



L - LUPIN

Yes, lupin is a flower, but it's also found in flour! Lupin flower and seeds can be used in some types of bread, pastries and even in pasta.



D - DAIRY

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



MO-MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



MU-MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salads dressings, sauces and soups.



N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



P - PEANUTS

Peanuts grow underground. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



SS - SESAME SEEDS

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.



S - SOYA

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products sauces and vegetarian products.



SD - SULPHUR DIOXIDE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.





H-HALAL



GF - GLUTEN FREE