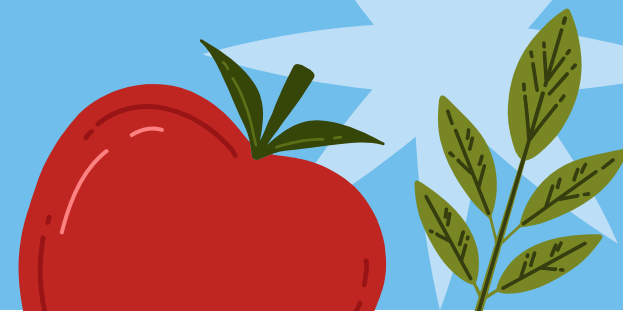
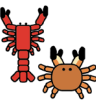
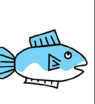
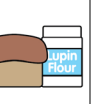
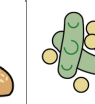


|                     | Monday                                                                       | Tuesday                                                               | Wednesday                                                               | Thursday                                                | Friday                                                                                |
|---------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------------------------------------|
| SOUP                | Soup of the day                                                              | Soup of the day                                                       | Soup of the day                                                         | Soup of the day                                         | Soup of the day                                                                       |
| MAIN                | Moroccan chicken, houmous and red cabbage salad wrap (DF)                    | Sweet potato and sage macaroni cheese with a crispy onion topping (V) | Rich butter chicken served with green chutney                           | Smokey plant-based sausage and lentil casserole (V)(DF) | Homemade salmon, haddock & pea fishcakes                                              |
| VEGETARIAN          | Roasted sweet potato and chickpea tagine with Ras Hal hanout yoghurt (V)(GF) | Jerk pulled pork served with mango and chili salsa (DF)(GF)           | Roasted cauliflower & potato aloo gobi served with mint yoghurt (V)(GF) | Roast chicken served with stuffing and gravy (DF)       | Spicy chickpea, coriander and lentil patty with a tomato salsa and pickled onions (V) |
| VEGETABLE/<br>SALAD | Moroccan cabbage salad carrot and lemon salad Tomato salsa                   | Pickled Coleslaw Mixed seasonal salad                                 | Spinach, sweet potato and lentil dahl Kachumber salad                   | Sweet roasted carrots Mixed seasonal greens             | Minted crushed garden peas Mixed tomato and pepper salad                              |
| CARBOHYDRATE        | Mixed herb and pomegranate cous cous                                         | Coconut rice Homemade garlic bread                                    | Pilau rice Naan Bread                                                   | Roast potatoes                                          | Baked seasoned potato wedges                                                          |
| DESSERT             | Chopped fruit salad or Fruit yoghurt                                         | Chopped fruit salad or Fruit yoghurt                                  | Chopped fruit salad or Fruit yoghurt                                    | Chopped fruit salad or Fruit yoghurt                    | Chopped fruit salad or Fruit yoghurt                                                  |

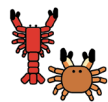
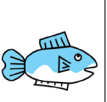
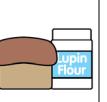
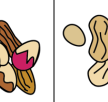
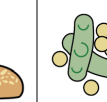
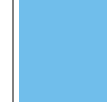
## Week 1 - Lunch Menu

Dietary - (V)-Vegetarian (DF) Dairy Free (GF) Gluten Free

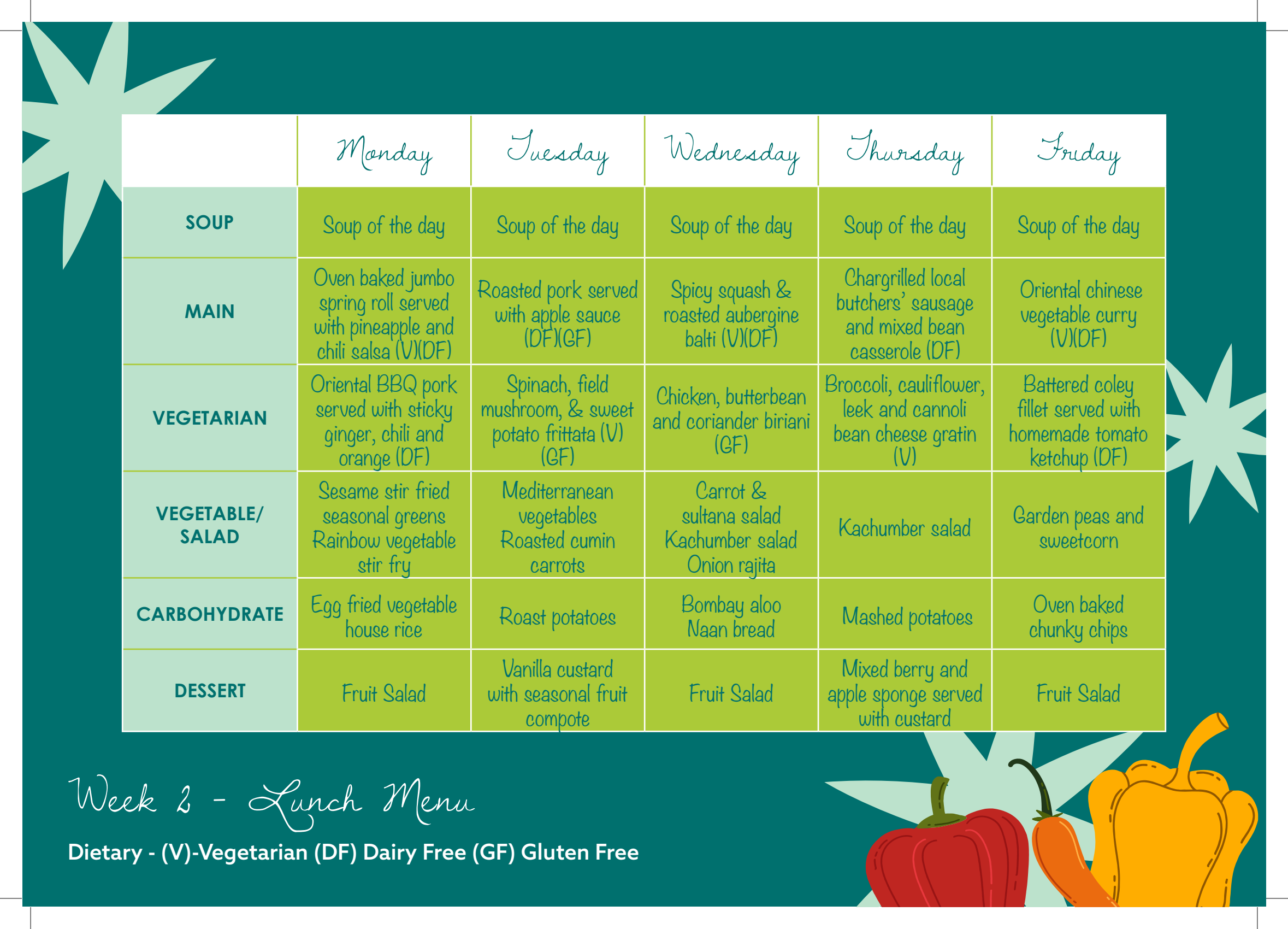


| DISHES                                                                         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                | Celery                                                                            | Cereals containing gluten                                                         | Crustaceans                                                                       | Eggs                                                                              | Fish                                                                               | Lupin                                                                               | Milk                                                                                | Mollusc                                                                             | Mustard                                                                             | Nuts                                                                                | Peanuts                                                                             | Sesame seeds                                                                        | Soya                                                                                | Sulphur Dioxide                                                                     |
| <b>Mon</b> - Moroccan chicken houmous & red cabbage salad wrap                 |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |
| <b>Mon</b> - Roasted sweet potato & chickpea tagine with ras hal hanout yogurt |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     | ✓<br>Trace                                                                          |                                                                                     | ✓<br>Trace                                                                          | ✓                                                                                   |                                                                                     |
| <b>Mon</b> - Red cabbage salad                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |
| <b>Mon</b> - Mixed herb & pomegranate couscous                                 |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Tues</b> – Sweet potato & sage mac & cheese with crispy onions              |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Tues</b> – Jerk pulled pork served with mango & chilli salsa                | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Tues</b> – Pickled coleslaw                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   | ✓                                                                                  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |                                                                                     |
| <b>Tues</b> – Coconut rice                                                     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     | ✓<br>Tree Nut                                                                       |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Weds</b> – Rich butter chicken                                              |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     | ✓                                                                                   | ✓<br>Trace                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |

Week 1 Dishes and their allergen content

| DISHES                                                                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                        | Celery                                                                            | Cereals containing gluten                                                         | Crustaceans                                                                       | Eggs                                                                              | Fish                                                                               | Lupin                                                                               | Milk                                                                                | Mollusc                                                                             | Mustard                                                                             | Nuts                                                                                | Peanuts                                                                             | Sesame seeds                                                                        | Soya                                                                                | Sulphur Dioxide                                                                     |
| <b>Weds</b> – Roasted Cauliflower & Potato aloo gobi with mint yoghurt |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Weds</b> – Spinach, sweet potato & lentil dahl                      |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Weds</b> - Kachumber salad                                          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Weds</b> – Mini garlic and coriander naan bread                     |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Thurs</b> – Smokey plant-based sausage casserole                    | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |
| <b>Thurs</b> – Apple & blueberry crumble                               |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Thurs</b> - Roast chicken, sage & onion stuffing                    |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Fri</b> – Salmon, haddock & pea fishcake                            |                                                                                   | ✓                                                                                 |                                                                                   | ✓                                                                                 | ✓                                                                                  |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Fri</b> – Spicy chickpea, lentil & coriander pattie                 |                                                                                   | ✓                                                                                 |                                                                                   | ✓                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Fri</b> – Minted crushed peas                                       |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |

Week 1 Dishes and their allergen content

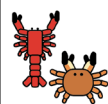
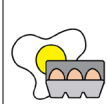
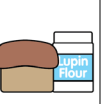
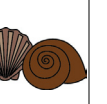
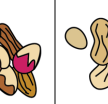
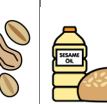
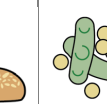


|                             | Monday                                                                     | Tuesday                                                  | Wednesday                                                 | Thursday                                                          | Friday                                                         |
|-----------------------------|----------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------|
| <b>SOUP</b>                 | Soup of the day                                                            | Soup of the day                                          | Soup of the day                                           | Soup of the day                                                   | Soup of the day                                                |
| <b>MAIN</b>                 | Oven baked jumbo spring roll served with pineapple and chili salsa (V)(DF) | Roasted pork served with apple sauce (DF)(GF)            | Spicy squash & roasted aubergine balti (V)(DF)            | Chargrilled local butchers' sausage and mixed bean casserole (DF) | Oriental chinese vegetable curry (V)(DF)                       |
| <b>VEGETARIAN</b>           | Oriental BBQ pork served with sticky ginger, chili and orange (DF)         | Spinach, field mushroom, & sweet potato frittata (V)(GF) | Chicken, butterbean and coriander biriani (GF)            | Broccoli, cauliflower, leek and cannoli bean cheese gratin (V)    | Battered coley fillet served with homemade tomato ketchup (DF) |
| <b>VEGETABLE/<br/>SALAD</b> | Sesame stir fried seasonal greens<br>Rainbow vegetable stir fry            | Mediterranean vegetables<br>Roasted cumin carrots        | Carrot & sultana salad<br>Kachumber salad<br>Onion rajita | Kachumber salad                                                   | Garden peas and sweetcorn                                      |
| <b>CARBOHYDRATE</b>         | Egg fried vegetable house rice                                             | Roast potatoes                                           | Bombay aloo<br>Naan bread                                 | Mashed potatoes                                                   | Oven baked chunky chips                                        |
| <b>DESSERT</b>              | Fruit Salad                                                                | Vanilla custard with seasonal fruit compote              | Fruit Salad                                               | Mixed berry and apple sponge served with custard                  | Fruit Salad                                                    |

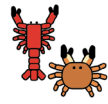
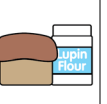
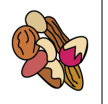
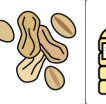
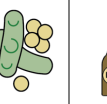


## Week 2 - Lunch Menu

Dietary - (V)-Vegetarian (DF) Dairy Free (GF) Gluten Free

| DISHES                                                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                   | Celery                                                                            | Cereals containing gluten                                                         | Crustaceans                                                                       | Eggs                                                                              | Fish                                                                               | Lupin                                                                               | Milk                                                                                | Mollusc                                                                             | Mustard                                                                             | Nuts                                                                                | Peanuts                                                                             | Sesame seeds                                                                        | Soya                                                                                | Sulphur Dioxide                                                                     |
| <b>Mon</b> – Oven baked spring roll with pineapple & chili salsa  |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |                                                                                     |
| <b>Mon</b> - Oriental BBQ pork with sticky ginger, chili & orange | ✓                                                                                 | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |
| <b>Mon</b> – Egg fried house rice                                 |                                                                                   | ✓                                                                                 |                                                                                   | ✓                                                                                 |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |
| <b>Tues</b> – Spinach, mushroom & sweet potato frittata           |                                                                                   |                                                                                   |                                                                                   | ✓                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Tues</b> – Vanilla custard and fruit compote                   |                                                                                   |                                                                                   |                                                                                   | ✓                                                                                 |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Weds</b> – Spicy squash and roasted aubergine balti            |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓<br>Tree                                                                           | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |
| <b>Weds</b> - Chicken, coriander & butterbean biriani             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     | ✓                                                                                   | ✓                                                                                   | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |
| <b>Weds</b> – Bombay aloo                                         |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Weds</b> – Mini garlic & coriander naan bread                  |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |

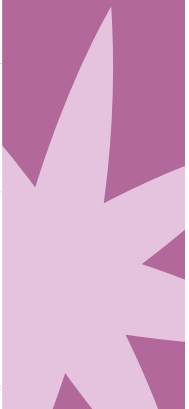
Week 2 Dishes and their allergen content

| DISHES                                                                    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                           | Celery                                                                            | Cereals containing gluten                                                         | Crustaceans                                                                       | Eggs                                                                              | Fish                                                                               | Lupin                                                                               | Milk                                                                                | Mollusc                                                                             | Mustard                                                                             | Nuts                                                                                | Peanuts                                                                             | Sesame seeds                                                                        | Soya                                                                                | Sulphur Dioxide                                                                     |
| <b>Weds</b> - Kachumber Salas                                             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Weds</b> – Onion Rajita                                                |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Thurs</b> – Local sausage & mixed bean casserole                       | ✓                                                                                 | ✓                                                                                 |                                                                                   |                                                                                   | ✓                                                                                  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Thurs</b> – Broccoli, cauliflower, leek and cannoli bean cheese gratin |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Thurs</b> – Mashed potatoes                                            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Thurs</b> – Mixed berry & apple sponge with custard                    |                                                                                   | ✓                                                                                 |                                                                                   | ✓                                                                                 |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Fri</b> – Oriental vegetable curry                                     |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Fri</b> – Battered coley fillet served with tomato ketchup             |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |
| <b>Fri</b> – Pickled kimchi style slaw                                    |                                                                                   | ✓                                                                                 |                                                                                   | ✓                                                                                 |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |

Week 2 Dishes and their allergen content

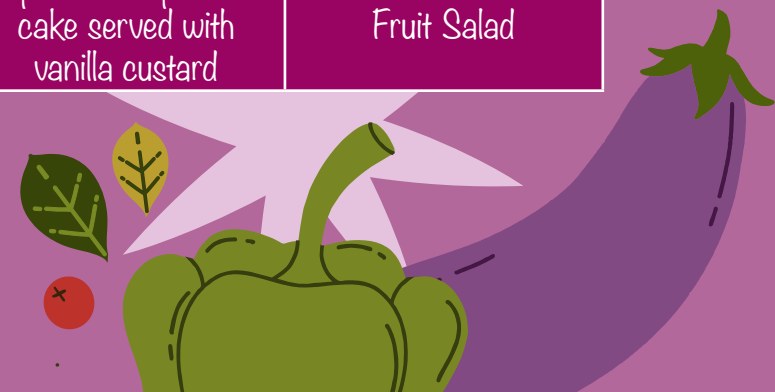


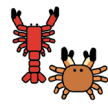
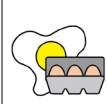
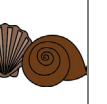
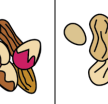
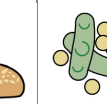
|                             | Monday                                                               | Tuesday                                                    | Wednesday                                | Thursday                                                       | Friday                                                                     |
|-----------------------------|----------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------------|
| <b>SOUP</b>                 | Soup of the day                                                      | Soup of the day                                            | Soup of the day                          | Soup of the day                                                | Soup of the day                                                            |
| <b>MAIN</b>                 | Spicy vegetable and cheddar quesadilla with lime yoghurt (V)         | Classic beef & lentil cottage pie                          | Thai green chicken curry (DF)            | Pea & mint falafel with ratatouille (V)(DF)(GF)                | Stir fried mixed oriental vegetables with teriyaki sesame noodles (V)(DF)  |
| <b>VEGETARIAN</b>           | Mexican smoked pulled chicken fajita served with jalapenos           | Garden pea and broad bean risotto with feta cheese (V)(GF) | Mixed bean & vegetable red curry (V)(GF) | Grilled loin of pork with ratatouille and salsa verde (DF)(GF) | Teriyaki sesame salmon pattie served with sweetcorn and chilli relish (DF) |
| <b>VEGETABLE/<br/>SALAD</b> | Guacamole<br>Tomato & pepper salsa<br>Sweetcorn and mixed bean salad | Tender stem broccoli<br>Sauteed seasonal greens            | Tender stem broccoli<br>Sugar snap peas  | Sweetcorn and salad                                            | Mixed salad                                                                |
| <b>CARBOHYDRATE</b>         | Smoked tomato and bean rice                                          | Homemade loaf of the day                                   | Jasmine rice                             | Mixed herb and lemon cous cous with pomegranate                | Teriyaki Noodles                                                           |
| <b>DESSERT</b>              | Fruit Salad                                                          | Honey yoghurt with seasonal fruit compote                  | Fruit salad                              | Apricot and polenta cake served with vanilla custard           | Fruit Salad                                                                |



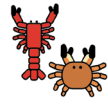
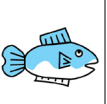
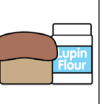
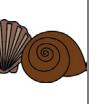
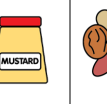
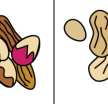
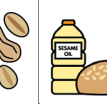
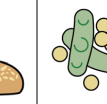
## Week 3 - Lunch Menu

Dietary - (V)-Vegetarian (DF) Dairy Free (GF) Gluten Free



| DISHES                                                                    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                           | Celery                                                                            | Cereals containing gluten                                                         | Crustaceans                                                                       | Eggs                                                                              | Fish                                                                               | Lupin                                                                               | Milk                                                                                | Mollusc                                                                             | Mustard                                                                             | Nuts                                                                                | Peanuts                                                                             | Sesame seeds                                                                        | Soya                                                                                | Sulphur Dioxide                                                                     |
| <b>Mon</b> – Spicy Vegetable & cheddar quesadilla with lime yoghurt       |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Mon</b> – Mexcian smoked & pulled chicken fajita with jalapeno peppers |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Tues</b> – Classic beef & lentil cottage pie                           | ✓                                                                                 | ✓                                                                                 |                                                                                   |                                                                                   | ✓                                                                                  |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Tues</b> – Garden pea & broad bean risotto with feta cheese            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Tues</b> – Honey, Yoghurt and seasonal compote                         |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Weds</b> – Thai green chicken curry                                    | ✓                                                                                 | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓<br>Tree                                                                           |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Weds</b> – Mixed bean & vegetable red curry                            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Thurs</b> – Pea and mint falafel with ratatouille                      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |
| <b>Thurs</b> – Grilled pork loin with ratatouille & salsa Verde           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |

Week 3 Dishes and their allergen content

| DISHES                                                                         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                | Celery                                                                            | Cereals containing gluten                                                         | Crustaceans                                                                       | Eggs                                                                              | Fish                                                                               | Lupin                                                                               | Milk                                                                                | Mollusc                                                                             | Mustard                                                                             | Nuts                                                                                | Peanuts                                                                             | Sesame seeds                                                                        | Soya                                                                                | Sulphur Dioxide                                                                     |
| <b>Thurs</b> – Mixed lemon & pomegranate couscous                              |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Thurs</b> – Apricot & polenta sponge with vanilla custard                   |                                                                                   | ✓                                                                                 |                                                                                   | ✓                                                                                 |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| <b>Fri</b> – Stir-fried mixed oriental vegetables with sesame teriyaki noodles |                                                                                   | ✓                                                                                 |                                                                                   | ✓                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |                                                                                     |
| <b>Fri</b> – Teriyaki sesame salmon patties with sweetcorn & chili relish      |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   | ✓                                                                                  |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |                                                                                     |
| <b>Fri</b> – Teriyaki noodles                                                  |                                                                                   | ✓                                                                                 |                                                                                   | ✓                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   |                                                                                     |

Week 3 Dishes and their allergen content

|                                 | <i>Monday</i>                                                                                            | <i>Tuesday</i>                                                                                           | <i>Wednesday</i>                                                                                         | <i>Thursday</i>                                                                                          | <i>Friday</i>                                                                                            |
|---------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>CEREALS AND PORRIDGE</b>     | Selection of cereals in portioned boxes served with cold/hot milk, porridge                              | Selection of cereals in portioned boxes served with cold/hot milk, porridge                              | Selection of cereals in portioned boxes served with cold/hot milk, porridge                              | Selection of cereals in portioned boxes served with cold/hot milk, porridge                              | Selection of cereals in portioned boxes served with cold/hot milk, porridge                              |
| <b>HOT BREAKFAST SANDWICHES</b> | Selection of toast breads, baked beans, grilled tomatoes, sauteed mushrooms, scrambled egg or boiled egg | Selection of toast breads, baked beans, grilled tomatoes, sauteed mushrooms, scrambled egg or boiled egg | Selection of toast breads, baked beans, grilled tomatoes, sauteed mushrooms, scrambled egg or boiled egg | Selection of toast breads, baked beans, grilled tomatoes, sauteed mushrooms, scrambled egg or boiled egg | Selection of toast breads, baked beans, grilled tomatoes, sauteed mushrooms, scrambled egg or boiled egg |
| <b>YOGHURT AND FRUIT</b>        | Selection of natural yoghurts, whole fruit and fruit salads                                              | Selection of natural yoghurts, whole fruit and fruit salads                                              | Selection of natural yoghurts, whole fruit and fruit salads                                              | Selection of natural yoghurts, whole fruit and fruit salads                                              | Selection of natural yoghurts, whole fruit and fruit salads                                              |

## *Breakfast Menu*

We offer Magic Breakfast to all students that need nourishment. Please feel free to come in early and help yourself to some tasty breakfast goodness helping you to start your day the right way!

**magic  
breakfast**  
fuel for learning




|                                     | Monday                                                | Tuesday                                                         | Wednesday                                             | Thursday                                              | Friday                                                |
|-------------------------------------|-------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|
| <b>HOT BREAK</b>                    | Asian Vegetable and egg noodle stir fry (V)           | BBQ macaroni cheese with crispy onions and jalapeno peppers (V) | Korean Chicken and sesame vegetable wrap (DF)         | Cheese and Basil Pizza Baguette (V)                   | Cheese and tomato bagel (V)                           |
| <b>PASTA POTS (WHOLEMEAL) (HOT)</b> | Tomato and roasted red pepper pesto (V)               | Basil Pesto and spinach (V)(DF)                                 | Tomato and roasted red pepper pesto (V)               | Basil Pesto and spinach (V)(DF)                       | Tomato and roasted red pepper pesto (V) (DF)          |
| <b>SPUD OF THE DAY!</b>             | Baked Bean Cheese Tuna, carrot & sweetcorn mayonnaise | Baked Bean Cheese Tuna, carrot & sweetcorn mayonnaise           | Baked Bean Cheese Tuna, carrot & sweetcorn mayonnaise | Baked Bean Cheese Tuna, carrot & sweetcorn mayonnaise | Baked Bean Cheese Tuna, carrot & sweetcorn mayonnaise |



*Break time - grab and go*

**Dietary - (V)-Vegetarian (DF) Dairy Free (GF) Gluten Free**

All items are offered to students at the rate of £1.20



| DISHES                                          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                 | Celery                                                                            | Cereals containing gluten                                                         | Crustaceans                                                                       | Eggs                                                                              | Fish                                                                               | Lupin                                                                               | Milk                                                                                | Mollusc                                                                             | Mustard                                                                             | Nuts                                                                                | Peanuts                                                                             | Sesame seeds                                                                        | Soya                                                                                | Sulphur Dioxide                                                                     |
| Mon – Asian Vegetable & Egg Noodle Stir-fry     |                                                                                   | ✓                                                                                 |                                                                                   | ✓                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   |                                                                                     |
| Tues – BBQ Mac & Cheese with onion and jalapeno |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Weds – Korean chicken and sesame vegetable wrap | ✓                                                                                 | ✓                                                                                 |                                                                                   | ✓                                                                                 |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     | ✓                                                                                   | ✓                                                                                   | ✓                                                                                   |
| Thurs - Cheese & basil pizza baguette           |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Fri - Cheese & tomato bagel                     |                                                                                   | ✓                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     | ✓                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |

*Break time - grab and go*  
Dishes and their allergen content





Our fabulous chefs need time to develop their menus and source great ingredients, so we have given them a well-deserved rest to give them time to really concentrate on what they do best hot school food.

Doing this meant we needed to leave the sandwiches to a specialised sandwich company.

Tiffin's Sandwiches are one of the UK's largest, independent, national supply food to go manufacturers. With over 25 years of experience in large scale food manufacturing. They offer schools a great selection of mouth-watering sandwiches, wraps and baguettes, that really liven up your lunch.



## Allergies and Intolerances

Whenever possible we endeavour to meet all the nutritional and dietary needs of all our customers.

On the school site we stock a large array of gluten free and dairy free products which are available on request to all customers.

The fully trained chef team are always available to assist you if any student or parent should require further information or an alternative meal on the day.

Please be aware that it is imperative that those with an allergy strive to take full responsibility for their own allergy. We ask that you please ensure you always read the daily menu as ingredients might change due to uncertain market conditions.

