

| Gluten Free Menu | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|--|---|---|---|
| Week 1 | Steamed Chicken Katsu Curry with Rice | Chicken Italiano with Pasta | Hand carved Roast Beef | Crispy Jacket Potato with Cheese & Beans (V) (*) | Oven Baked Fish Finger with Chipped Potatoes (**E) |
| Week 2 | Steamed Chicken Tikka with Rice | Tomato Pasta Bake with Cheddar Crunch (**) (**) | Stuffed Beef Tomatoes | Creamy Chicken & Bcon Pie | Cod & Parsley Fish Cakes |
| Week 3 | Steamed Chicken with Sweet & Sour Sauce Boiled rice | Beef Lasagne | Hand Carved Roast Pork | Broccoli, Stilton & Tomato Quiche | Oven Baked Fish Finger with Chipped Potatoes |
| Week 4 | Steamed Chicken Korma with Rice | Loaded Mac & Cheese | Hand Carved Roast Turkey & Cranberry Sauce | Roasted Peppers & Onions with Pesto Sauce | Cod & Parsley Fish Cakes |

KEY Any Dietary requirements please contact the kitchen

| Contain Celery | Contain Mustard | (| Vegan |
|----------------|-------------------|--------------|--------------------------|
| Contain Dairy | Contain Onion | (S) | Vegetarian |
| Contain Eggs | Contain Soya | | Suitable for Gluten Free |
| Contain Fish | Contain Sulphates | & | Contain Gluten |



| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|---|---|--|---------------------------------|
| Main Meal | Breaded Chicken Katsu Curry With Rice | Mac & Cheese | Hand carved Roast Beef with Yorkshire Pudding | Mediterranean & roasted Vegetable Pasta Bake | Chipped Shop Battered Fish |
| Vegetarian Meal | Creamy Spinach and Mushroom Bake (V) (1) (2) (2) | Mac & Cheese (V) (a) (b) (b) | Broccoli Mushroom Pasta bake | Vegetable kebab's | Red Pepper and Brie Tart |
| Vegetable/ Potatoes | Boiled rice Seasonal Vegetables | Garlic Bread Mixed Salad () () | Roast potatoes Seasonal Vegetables | Cheesy Bread Mixed Salad (V) (&) | Chipped potatoes Garden Peas |
| Dessert | Fruit Crumble With Custard () () (V | Syrup Sponge With Custard (**) (**) (**) | Chocolate Sponge With Chocolate Sauce | Daily dessert | Ice Cream (V) (L) |

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|----------------|-------------------|--------------|--------------------------|
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| Week 2 | | Monday | T | uesday | | Wednesday | / | Thursday | Fr | iday |
|------------------------|----------|---------------------------------------|--|--------|---|--------------|--|--------------------------|------------------------|------|
| Main Meal | Brea | ded Chicken Tikka With Rice 🐌 阆 | Meatballs served with a Rich Tomato Sauce | | Pork Sausage in a Giant Yorkie (() () () | | Traditional Chicken & Bacon Pie | | Cod & Parsley ncake | |
| Vegetarian Meal | • | pinach and Mushroom Bake | Macaroni Cheese | | Veggie Sausages in a Giant Yorkie (a) (b) (v) | | Mushroom & Cheese Frittata (a) (b) (v) | Vegetab | le Stir Fry | |
| Vegetable/ Potatoes | Sea | Boiled rice sonal Vegetables | Garlic Bread Fusilli Pasta Mixed Salad | | Roast potatoe Seasonal Vegeta | | Spicy Wedge Potatoes Seasonal Vegetables | Seasonal | potatoes Vegetables | |
| Dessert | Apple C | Crumble with custard | Chocolate chip Sponge With Custard | | Sticky Toffee Puo With Custard | • | Daily dessert | Ice (| Cream | |
| | S | Contain Cele | ery | | Con | tain Mustard | (%) | Vegan | | |
| | | Contain Dai | Cor | | ontain Onion | | Vegetarian | | | |
| | | Contain Egg | gs | | Co | Contain Soya | | Suitable for Gluten Free | | |

Contain Sulphates

Contain Gluten

Contain Fish



| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|--|---|---|---|
| Main Meal | Breaded Chicken with Sweet & Sour Sauce With Rice | Traditional Beef Lasagne | Hand carved Roast Pork with Apple Sauce | Homemade Quiche Lorraine (*) (*) (*) | Oven Baked Fish Finger |
| Vegetarian Meal | Stuffed Tomatoes | Vegetable Lasagne | Mixed Bean & Pepper Wrap 🐌 🕜 | Homemade Broccoli & Stilton Quiche | Vegetarian Sausage |
| Vegetable/ Potatoes | Boiled rice Seasonal Vegetables | Mixed Salad Garlic Bread (a) (b) (v) | Roast potatoes Seasonal Vegetables | Roasted Wedge Potatoes Seasonal Vegetables | Chipped potatoes Seasonal Vegetables |
| Dessert | Fruit Crumble with custard | Syrup Sponge With Custard (**) (**) (**) | Chocolate Sponge With Chocolate Sauce | Daily dessert | Ice Cream |

| S | Contain Celery | Contain Mustard | (v) | Vegan |
|----------|----------------|-------------------|--------------|--------------------------|
| | Contain Dairy | Contain Onion | (S) | Vegetarian |
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| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|------------------------------------|---|---|--------------------------------------|---|
| Main Meal | Breaded Chicken Korma With Rice | Cheese Topped Carbonara | Hand carved Roast Turkey with Cranberry Sauce | Pesto Pasta with Roasted Vegetables | Chipped Shop Battered Fish |
| Vegetarian Meal | Sweet Potato Korma | Mac Cheese | Cheese & Roast Onion Pasty | Pomodoro Pasta | Spicy Bean Burger |
| Vegetable/ Potatoes | Boiled rice Seasonal Vegetables | Mixed Salad Garlic Bread (a) | Roast potatoes Seasonal Vegetables | Cheese & Garlic Bread Mixed Salad | Chipped potatoes Seasonal Vegetables |
| Dessert | Fruit Crumble with custard | Syrup Sponge With Custard (**) (**) (**) | Chocolate Sponge With Chocolate Sauce | Daily dessert | Ice Cream |

| S | Contain Celery | Contain Mustard | (9) | Vegan |
|----------|----------------|-------------------|-------------|--------------------------|
| | Contain Dairy | Contain Onion | (S) | Vegetarian |
| | Contain Eggs | Contain Soya | | Suitable for Gluten Free |
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