

	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast - Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information)				
	Morning Snack -Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water (Please see chef for allergen information)				
	Lunch (served with a cup of water)				
Starter		Corn on the cob		Chefs Special: Around the world Vegan Special See chef for allergen information	
Main	Vegetarian Mince and dumplings G SY	Cannellini bean and leek pie G	Puy lentils in gravy	Chefs Special: Around the world See chef for allergen information	Vegetable croquettes G SY
On the side	Swede Cauliflower	Broccoli Mashed potato	Roasted carrots and parsnips Minted new potatoes.	Chefs Special: Around the world See chef for allergen information	Mixed potato wedges Mushy peas
Dessert	Peaches		Fruit salad		Blueberry loaf G SU

Afternoon snack-Fresh fruit or vegetable sticks served with a cup of milk or water (Please see chef for allergen information)

	Light Tea (served with a cup of water)				
Starter			Melon and sultanas		Naan bread fingers with mango chutney G
Main	Tex Mex burritos G	Homemade beans on toast G SY SE	Avocado and roast tomato panini fingers G SE	Childrens choice of sandwiches: Vegan cheese savoury G SY SE Hummus and cucumber G SE SY	Curried lentil dhal G
On the side	Vegetable sticks with guacamole CE			Grated carrot	
Dessert	Banana	Oranges		Coconut yoghurt with fruit	

Where allergens are present, it is displayed next to the appropriate meal

Allergen coding: **GLUTEN – G, EGG – E, FISH – F, NUTS – N, PEANUTS – PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD-MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELLFISH – SF (Crustaceans and Molluscs) (V)-VEGETARIAN DAY**



	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast - Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information)				
	Morning Snack -Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water (Please see chef for allergen information)				
	Lunch (served with a cup of water)				
Starter	Corn on the Cob			Onion Bhaji with a Mango Chutney or Naan Bread with Mango Chutney G	
Main	Tofu stir-fry SY	Butterbean and vegetable pie	Winter vegetable and lentil stew	Chickpea and vegetables in a katsu style curry sauce	Roast aubergine and mixed bean casserole Or Mixed bean Goulash
On the side	Roast potatoes Peas	Green beans Swede	Bubble and squeak mash	Rice Cauliflower	Red cabbage G SU Garlic and herb potatoes
Dessert		Warm spiced pineapple with coconut yoghurt Or Banana Flapjack G	Apple and blackberry crumble with low sugar dairy free custard G		Orange smiles

Afternoon snack-Fresh fruit or vegetable sticks served with a cup of milk or water (Please see chef for allergen information)

	Light Tea (served with a cup of water)				
Starter		Melon #124703			Hummus with carrot dippers SE #124810
Main	Vegetable soup	Chefs light tea vegan special: See chef for allergen information	Baked vegan cheese and onion roll G #125380	Hummus crunch sandwiches SY G SE	Children's choice of pizza: Margherita SY G SE or Rainbow vegetable SY G SE
On the side	Buttered bread fingers SY G SE		Homemade spaghetti MU G SY	Cucumber sticks	
Dessert	Plums and pears		Peaches and sultanas	Fruit salad	

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Allergen coding: **GLUTEN** – G, **EGG** – E, **FISH** – F, **NUTS** – N, **PEANUTS** – PN, **SOYA** – SY, **DAIRY** – DA, **CELERY** – CE, **MUSTARD**-MU, **SESAME** – SE, **SULPHITES** – SU, **LUPIN** – LU, **SHELLFISH** – SF (Crustaceans and Molluscs) (V)-VEGETARIAN DAY



Startwell



	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast - Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information)				
	Morning Snack -Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water (Please see chef for allergen information)				
	Lunch (served with a cup of water)				
Starter	Garlic bread G SY SE		Vegan friendly Cheese twists G SY		
Main	Chickpea and vegetable carbonara G MU SY	Plant based sausages in lentil gravy. SY	Chefs Vegan special See chef for allergen information	Sweet and sour tofu G SY CE SU	Chunky vegetable and lentil casserole CE
On the side	Broccoli	New potatoes Sprouts		Rice	Mashed potato Swede Peas
Dessert		Oranges		Banana	Coconut yoghurt with winter berries

Afternoon snack-Fresh fruit or vegetable sticks served with a cup of milk or water (Please see chef for allergen information)

	Light tea (served with a cup of water)				
Starter		Hummus with a selection of vegetable sticks CE SE			Melon
Main	Jacket potato slice with homemade baked beans in a tomato sauce	Vegan friendly cheese savoury sandwiches G SY SE	Leek and potato soup	Childrens choice: A selection of tortilla pinwheels: Roasted Vegetable and Avocado G & Hummus and cucumber G SE	Homemade spaghetti on toast G SY SE MU
On the side			Buttered bread fingers G SY SE	Carrot sticks	
Dessert	Fresh fruit platter		Peaches	Apple and sultanas	

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Allergen coding: **GLUTEN** – G, **EGG** – E, **FISH** – F, **NUTS** – N, **PEANUTS** – PN, **SOYA** – SY, **DAIRY** – DA, **CELERY** – CE, **MUSTARD**-MU, **SESAME** – SE, **SULPHITES** – SU, **LUPIN** – LU, **SHELLFISH** – SF (Crustaceans and Molluscs) (V)-**VEGETARIAN DAY**



	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast - Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information)				
	Morning Snack -Fresh fruit with wholemeal toast or baked goods, served with a cup of water (Please see chef for allergen information)				
	Lunch (served with a cup of water)				
Starter			Garlic bread G SY SE		Vegan friendly Cheese twists G SY
Vegan Option	Sweet and sour tofu G SY CE SU	Chunky vegetable and lentil casserole CE	Chickpea and vegetable carbonara G MU SY	Plant based sausages in lentil gravy. SY	Chefs Vegan special See chef for allergen information
On the side	Rice	Mashed potato Swede Peas	Broccoli	New potatoes Sprouts	
Dessert	Banana	Coconut yoghurt with winter berries		Oranges	

Afternoon snack-Fresh fruit or vegetable sticks served with a cup of water (Please see chef for allergen information)

	Light Tea (served with a cup of water)				
Starter		Melon		Hummus with a selection of vegetable sticks CE SE	
Vegan Option	Childrens choice: A selection of tortilla pinwheels: Roasted Vegetable and Avocado G & Hummus and cucumber G SE	Homemade spaghetti on toast G SY SE MU	Jacket potato slice with homemade baked beans in a tomato sauce	Vegan friendly cheese savoury sandwiches G SY SE	Leek and potato soup
On the side	Carrot sticks				Buttered bread fingers G SY SE
Dessert	Apple and sultanas		Fresh fruit platter		Peaches

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Allergen coding: **GLUTEN** – G, **EGG** – E, **FISH** – F, **NUTS** – N, **PEANUTS** – PN, **SOYA** – SY, **DAIRY** – DA, **CELERY** – CE, **MUSTARD**-MU, **SESAME** – SE, **SULPHITES** – SU, **LUPIN** – LU, **SHELLFISH** – SF (Crustaceans and Molluscs) (V)-**VEGETARIAN DAY**



	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast - Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information)				
	Morning Snack -Fresh fruit with wholemeal toast or baked goods, served with a cup of water (Please see chef for allergen information)				
	Lunch (served with a cup of water)				
Starter	Chefs Special: Around the world Vegan Special See chef for allergen information			Corn on the cob	
Vegan Option	Chefs Special: Around the world See chef for allergen information	Vegetable croquettes G SY	Vegetarian Mince and dumplings G SY	Cannellini bean and leek pie G	Puy lentils in gravy
On the side	Chefs Special: Around the world See chef for allergen information	Mixed potato wedges Mushy peas	Swede Cauliflower	Broccoli Mashed potato	Roasted carrots and parsnips Minted new potatoes.
Dessert		Blueberry loaf G SU	Peaches		Fruit salad

Afternoon snack-Fresh fruit or vegetable sticks served with a cup of water (Please see chef for allergen information)

	Light Tea (served with a cup of water)				
Starter		Naan bread fingers with mango chutney G			Melon and sultanas
Vegan Option	Childrens choice of sandwiches: Vegan cheese savoury G SY SE Hummus and cucumber G SE SY	Curried lentil dhal G	Tex Mex burritos G	Homemade beans on toast G SY SE	Avocado and roast tomato panini fingers G SE
On the side	Grated carrot		Vegetable sticks with guacamole CE		
Dessert	Coconut yoghurt with fruit		Banana	Oranges	

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Fresh fruit with a selection of cereal or porridge (Please see chef for allergen information)					
Morning Snack -Fresh fruit with wholemeal toast or baked goods, served with a cup of water (Please see chef for allergen information)					
Lunch (served with a cup of water)					
Starter	Onion Bhaji with a Mango Chutney or Naan Bread with Mango Chutney G		Corn on the Cob		
Vegan Option	Chickpea and vegetables in a katsu style curry sauce	Roast aubergine and mixed bean casserole Or Mixed bean Goulash	Tofu stir-fry SY	Butterbean and vegetable pie	Winter vegetable and lentil stew
On the side	Rice Cauliflower	Red cabbage G SU Garlic and herb potatoes	Roast potatoes Peas	Green beans Swede	Bubble and squeak mash
Dessert		Orange smiles		Warm spiced pineapple with coconut yoghurt Or Banana Flapjack G	Apple and blackberry crumble with low sugar dairy free custard G

Afternoon snack-Fresh fruit or vegetable sticks served with a cup of water (Please see chef for allergen information)

	Light Tea (served with a cup of water)				
Starter		Hummus with carrot dippers SE		Melon	
Vegan Option	Hummus crunch sandwiches SY G SE	Children's choice of pizza: Margherita SY G SE or Rainbow vegetable SY G SE	Vegetable soup	Chefs light tea vegan special: See chef for allergen information	Baked vegan cheese and onion roll G
On the side	Cucumber sticks		Buttered bread fingers SY G SE		Homemade spaghetti MU G SY
Dessert	Fruit salad		Plums and pears		Peaches and sultanas

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Allergen coding: **GLUTEN – G, EGG – E, FISH – F, NUTS – N, PEANUTS – PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD-MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELLFISH – SF (Crustaceans and Molluscs) (V)-VEGETARIAN DAY**

