ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a
. f your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

|  |  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Week 1 | Main | Chicken Sausage in a Hot Dog Roll with Potato Wedges | Chicken Arrabiata Pasta with Homemade Garlic Bread | Roast (as advertised) and Gravy | Chilli Con Carne with 50/50 Rice | MSC Fishfingers/ Salmon Fish fingers |
|  | Vegetarian | Quorn Sausage in a Hot Dog Roll with Potato Wedges | Macaroni Cheese with Homemade Garlic Bread | Mixed Vegetable Loaf and Gravy | Five Bean Chilli with $50 / 50$ Rice | Spicy Bean Burger |
|  |  | Sweetcorn Coleslaw | Green Beans Carrots | Cauliflower Broccoli Roast Potato or Mashed Potato | Roasted Mixed Vegetables | Baked Beans Peas Chips or Couscous |
|  | Dessert | Orange Drizzle Cake | Carrot and Courgette Cake | Apple Cheese \& Biscuits | Fruit Crumble with Custard | Fruit and Yoghurt |
| Week 2 | Main | Wholemeal BBQ chicken Pizza | 50\% Plant Based Cottage Pie with Gravy | Roast (as advertised) and Gravy | Chicken Tagine | MSC Breaded Fish |
|  | Vegetarian | Wholemeal Cheese and Tomato Pizza | Shepherdess Pie with Gravy | Vegetarian Wellington and Gravy | Lentil and Sweet Potato Curry | Red Pepper and Cheese Frittata |
|  |  | Peppers Green Beans New Potatoes or Couscous | Peas Cauliflower | Cabbage Carrots <br> Mashed Potato or Roast Potato | Sweetcorn Baked Tomatoes Couscous or 50/50 Rice | Baked Beans Peas Chips or New Potatoes |
|  | Dessert | Wholemeal Pear Crumble with Custard | Chocolate Shortbread | Apple Cheese \& Biscuits | Eves Pudding with Custard | Fruit and Yoghurt |
| Week 3 | Main | Beef Bolognaise with Spaghetti | 50\% Plant Based Chicken Pie with Mashed Potato and Gravy | Roast Chicken and Stuffing and Gravy | Beef Lasagne with Garlic Bread | MSC Fish in Batter |
|  | Vegetarian | Soya Bolognaise with Spaghetti | Chickpea and Vegetable Hotpot | Quorn Roast | Wholemeal Vegetable Pasta Bake | Vegetable and Bean Fajitas |
|  |  | Peas Carrots | Sweetcorn Broccoli | Fresh Mixed Seasonal Vegetables Roast Potato or Couscous | Roasted Vegetables Green Beans | Baked Beans Peas Chips or Rice |
|  | Dessert | Banana Loaf | Rice Pudding with Mixed Berries | Apple, Cheese and Bin-.... | Chocolate and Mandarin <br> Daily |  |

