LUNCHTIME Co®

Commencing: 1st Nov, 29th Nov, 10th Jan, 7th Feb, 14th March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beefburger in a Bun with Baked Wedges and Seasonal Vegetables (G) (W) (SE)	BBQ Chicken Wrap served with Baby New Potatoes and Fresh Salad (G) (W) (B) (SO) (C)	Beef Lasagne served with Garlic Bread and Seasonal Vegetables (G) (W) (MK)	Farm Assured Roast Chicken with Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy (G) (W) (E) (MK)	Cod Fish Fingers served with Chips, Garden Peas and Baked Beans *Salmon Fish Fingers Available (G) (W) (F)
Meat Free	Vegetable Burger in a Bun with Baked Wedges and Seasonal Vegetables (G) (W) (SU) (SE)	Roasted Vegetable & Cheese Wrap served with Baby New Potatoes and Fresh Salad (G) (W) (MK)	Vegetable Lasagne served with Garlic Bread and Seasonal Vegetables (G) (W) (MK)	Quorn Roast with Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy (G) (W) (E) (MK)	Vegetable Nuggets served with Chips, Garden Peas and Baked Beans (G) (W)
Pasta and Jackets	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Fresh Bread (G) (W) (MK)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Pasta Twists with Cheddar Cheese Sauce served with Fresh Salad and Fresh Bread (G) (W) (MK)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)
Lunchtime Sandwiches	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO)	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO
Desserts	Choose One of Our Fabulous Deserts Apple Sponge & Custard Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Chocolate Brownie Cheese & Biscuits Fresh Fruit (G)(W)(E)(MK)(SO)(SE)	Choose One of Our Fabulous Deserts Cherry Cookie Fruit Yogurt & Coulis Fresh Fruit (G) (W) (MK)	Choose One of Our Fabulous Deserts Fruit Flapjack Cheese & Biscuits Fresh Fruit (G)(W)(E)(MK)(SO)(SE)	Choose One of Our Bakewell Tart Fabulous Deserts Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings

LUNCHTIME Co®

Commencing: 8th Nov, 6th Dec, 17th Jan, 21st Feb, 21st March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Hand Made Meat Feast Pizza served with Herby Diced Potatoes and Coleslaw (G) (W) (SO) (MK) (E)	Butchers Sausages served with Mashed Potatoes, Seasonal Vegetables and Rich Gravy (G) (W) (SU) (MK) (SO)	Sticky Texan Chicken served with Golden Vegetable Rice and Pitta Slice (G) (W) (B) (C) (SO)	Roast Loin of Pork with Potatoes, Seasonal Vegetables, Stuffing and Gravy (G) (W)	Crispy Fish Fillet served with Chips, Garden Peas and Baked Beans and Tomato Ketchup (G) (W) (F)
Meat Free	Hand Made Cheese and Tomato Pizza served with Herby Diced Potatoes and Coleslaw (G) (W) (SO) (MK) (E)	Quorn Sausages served with Mashed Potatoes, Honey Roasted Vegetables and Rich Gravy (G) (W) (B) (E) (MK)	Classic Mac 'n' Cheese with Fresh Salad and Pitta Slice (G) (W) (MK)	Quorn Roast with Potatoes, Seasonal Vegetables, Stuffing and Gravy (G) (W) (E)	Vegetable Nuggets served with Chips, Garden Peas and Baked Beans and Tomato Ketchup (G) (W)
Pasta and Jackets	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Fresh Bread (G) (W) (MK)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Pasta Twists with Cheddar Cheese Sauce served with Fresh Salad and Fresh Bread (G) (W) (MK)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)
Lunchtime Sandwiches	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO)	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO
Desserts	Choose One of Our Fabulous Deserts Chocolate Crunch Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Mixed Berry Sponge Cheese & Biscuits Fresh Fruit (G)(W)(E)(MK)(SO)(SE)	Choose One of Our Fabulous Deserts Apple Crumble & Custard Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Banoffee Pancake Cheese & Biscuits Fresh Fruit (G)(W)(E)(MK)(SO)(SE)	Choose One of Our Fabulous Deserts Ice Cream & Fruit Coulis Fruit Yogurt & Coulis Fresh Fruit (MK)

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings

LUNCHTIME Co®

Commencing: 15th Nov, 13th Dec, 24th Jan, 28th Feb, 28th March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Hot Dog in a Roll served with Potato Wedges, Seasonal Vegetables and Tomato Ketchup (G) (W) (SU) (SO) (SE)	Mild and Creamy Chicken Curry with Fluffy Rice and Pitta Slice (G) (W) (MK)	Pasta Bolognese served with Seasonal Vegetables and Garlic Bread (G) (W) (MK)	Farm Assured Roast Chicken with Roast Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy (G) (W) (E) (MK)	Cod Fish Fingers served with Chips, Garden Peas and Baked Beans and Tomato Ketchup (G) (W) (F)
Meat Free	Quorn Dog in a Roll served with Potato Wedges, Seasonal Vegetables and Tomato Ketchup (G) (W) (B) (MK) (E) (SE)	Cheese & Tomato Pizza served with 1/2 Jacket & Fresh Salad (G) (W) (E) (MK) (SO)	Mediterranean Vegetable and Tomato Pasta with Seasonal Vegetables and Garlic Bread (G) (W) (MK)	Quorn Roast with Roast Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy (G) (W) (E) (MK)	Vegetable Nuggets served with Chips, Garden Peas and Baked Beans and Tomato Ketchup (G) (W)
Pasta and Jackets	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Fresh Bread (G) (W) (MK)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Pasta Twists with Cheddar Cheese Sauce served with Fresh Salad and Fresh Bread (G) (W) (MK)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)
Lunchtime Sandwiches	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO)	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO
Desserts	Choose One of Our Fabulous Deserts Vanilla Crunch Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Chocolate Cake Cheese & Biscuits Fresh Fruit (G)(W)(E)(MK)(SO)(SE)	Choose One of Our Fabulous Deserts Lemon Drizzle Cake Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Strawberry Delight Cheese & Biscuits Fresh Fruit (G)(W)(E)(MK)(SO)(SE)	Choose One of Our Fabulous Deserts Fruit Jelly Fruit Yogurt & Coulis Fresh Fruit (MK)

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings

LUNCHTIME Co®

Commencing: 22nd Nov, 3rd Jan, 31st Jan, 7th March

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken & Vegetable in a Sticky Sauce with Rice or Noodles (G) (W) (E) (SO) (SU)	Beef Chilli Taco served with Seasonal Vegetables or Salad (G) (W) (MK)	Buttermilk Chicken in a Bun with Lettuce and Mayo served with Paprika Wedges (G)(W)(E)(SE)(MK)(SO)	Roast Loin of Pork with Potatoes, Seasonal Vegetables, Stuffing and Gravy (G) (W)	Crispy Fish Fillet served with Chips, Garden Peas and Baked Beans and Tomato Ketchup (G) (W) (F)
Meat Free	Vegetable Sir Fry Served with Rice or Noodles (G) (W) (E) (SO) (SU)	Vegetable Chilli Taco served with Seasonal Vegetables or Salad (G) (W) (MK)	Veggie Burger in a Bun with Lettuce & Mayo & served with Paprika Wedges (G) (W) (E) (SU) (SE)	Quorn Roast with Potatoes, Seasonal Vegetables, Stuffing and Gravy (G) (W) (E)	Vegetable Nuggets served with Chips, Garden Peas and Baked Beans and Tomato Ketchup (G) (W)
Pasta and Jackets	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Fresh Bread (G) (W) (MK)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Pasta Twists with Cheddar Cheese Sauce served with Fresh Salad and Fresh Bread (G) (W) (MK)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)
Lunchtime Sandwiches	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO)	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO	Sandwich Selection (G)(W)(MK)(E)(F)(SE)(SO
Desserts	Choose One of Our Fabulous Deserts Shortbread Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Fudge Tart Cheese & Biscuits Fresh Fruit (G)(W)(E)(MK)(SO)(SE)	Choose One of Our Fabulous Deserts Syrup Sponge & Custard Fruit Yogurt & Coulis Fresh Fruit (G) (W) (E) (MK)	Choose One of Our Fabulous Deserts Chocolate Cookie Cheese & Biscuits Fresh Fruit (G)(W)(E)(MK)(SO)(SE)	Choose One of Our Fabulous Deserts Ice Cream & Fruit Coulis Fruit Yogurt & Coulis Fresh Fruit (MK)

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings