

WEEK 1										
	Monday		Tuesday		Wednesday		Thursday (Planet Friendly!)		Friday	
<i>Choice 1</i>	Sweet & Sour Chicken		Homemade Chicken Pie (Cooks Pickl)		Sliced Beef		(v) Tasty Tomato & Mozzarella Pasta Bake		Breaded Fish Star	
<i>Allergens</i>	CE		SY G		X		G DA SU		F G	
<i>Portion Size / Carb Information</i>	150G	15.5G	104G	10.5G	1 slice (50g)	0g	263g	43.3g	X1 50g	11.5g
<i>Choice 2</i>	(v) Loaded Quesadilla		(v) Hearty Sizzling Sausage		(v) Autumn Mince		(v) Homemade Cheese & Tomato Pizza Slice		(v) Crispy Dippers	
<i>Allergens</i>	G DA SU		G		G EG		EG DA SY SU G		G	
<i>Portion Size / Carb Information</i>	89G	21.1G	75G	5G	93g	3.4	90g	28.6g	60g	6g
<i>With</i>	(v) Rice, Carrots & Peas		(v) Mashed Potato SU, Seasonal Vegetables, Gravy		(v) Yorkshire pudding G EG DA, Roast Potato, Carrot & Swede, Gravy		(v) Carrot & Sweetcorn		(v) Chips, Baked Beans	
<i>Portion Size / Carb Information</i>	RICE 105G	26.7G	Mash 133g Seasonal Veg 45g Gravy 30g	24.4g 2.3g 2g	YP x1 Roast Potato 80g Carrot & Swede 50g Gravy 30g	5.7g 14.4g 3g 2g	43g	3.2g	Chips 85g Baked Beans 60g	19.6g 8.1g
<i>Choice 3</i>	Sandwich Selection		Filled wrap		Jacket Potato		(v) Sandwich Selection		Jacket Potato	
<i>Allergens</i>	SY G		G		X		SY G		X	
<i>Portion Size / Carb Information</i>	X3 QUARTERS	26G	X1 10" WRAP	30.2G	220g	51.1g	X3 QUARTERS	26G	220g	51.1g
<i>Fillings</i>	Ham SU,(v) Cheese DA, Tuna Mayo EG F MU		(v) Egg Mayo EG MU, Ham SU, (v) Cheese DA		(v) Savoury Mince G EG, (v) Cheese DA, Tuna Mayo EG F MU		Egg mayo EG MU, Cheese DA, Cheese Savoury EG DA MU		(v) Baked Beans, (v) Cheese DA, Cheese&Ham DA SU EG MU, Tuna Mayo EG F MU	
<i>Portion Size / Carb Information</i>	HAM 50G TUNA MAYO 70G CHEESE 25G	0.2G 2G 0G	EGG MAYO 75G CHEESE 25G HAM 50G	2.2G 0G 0.2G	S Mince 93g Tuna Mayo 70g Cheese 25g	3.4g 2g 0g	Egg Mayo 75g Cheese 25g Cheese Savoury 53g	2.2g 0g 3g	Baked Beans 60g Cheese 25g Tuna Mayo 70g Cheese & Ham 65g	8.1g 0g 2.2g 2.3g
<i>Dessert</i>	(v) Toffee Yoghurt		(v) Winter Berry Custard		(v) Sugared Doughnuts		(v) Apple & Custard Sponge		(v) Shortbread	
<i>Allergens</i>	DA		DA		G EG DA SY		G SY EG DA		G SY	
<i>Portion Size / Carb Information</i>	90G	10G	104G	21.1G	X3 56g	27.4g	59g	16.9g	30g	16g
WEEK 2										
	Monday		Tuesday		Wednesday		Thursday ((Planet Friendly!))		Friday	
<i>Choice 1</i>	Spaghetti Bolognese		Creamy Chicken & Ham		Sliced Gammon Ham		(v) Cheese Omelette		Battered Fish	
<i>Allergens</i>	G SU		DA SU		X		DA EG		G F	
<i>Portion Size / Carb Information</i>	248g	41.3g	152g	4.9g	X1 (60g)	0.7g	50g	0.9g	60g	14.4g
<i>Choice 2</i>	(v) Double Cheese Pasta		(v) Cheese Burger in a Soft Bun		(v) Hearty Sizzling Sausage		(v) Homemade Cheese & Tomato Pizza Slice		Chicken Goujons	

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<b>Allergens</b>	<b>G DA</b>		<b>G EG DA SU SE</b>		<b>G</b>		<b>EG DA SY SU G</b>		<b>G</b>	
<i>Portion Size / Carb Information</i>	235g	38.7g	X1 Burger	31.4g	75G	5G	90g	28.6g	56g	12.9g
<i>Served with</i>	(v) Garlic Bread <b>G SE SU</b> , Corn Cob		(v) New Potatoes & Peas		(v) Mashed Potato <b>SU</b> , Seasonal Vegetables & Gravy		(v) Seasoned Wedges, Baked Beans		(v) Chips & Sweetcorn	
<i>Portion Size / Carb Information</i>	Garlic Bread 20g Corn cob 60g	8.7g 4.9g	New Pots 120g Peas 40g	17.9g 4g	Mash 133g Seasonal Veg 45g Gravy 30g	24.4g 2.3g 2g	Beans 60g Wedges 125g	8.1g 22.6g	Chips 85g Sweetcorn 40g	19.6g 3g
<i>Choice 3</i>	Sandwich Selection		Filled Wrap		Sandwich Selection		(v) Jacket Potato		Filled Wrap	
<b>Allergens</b>	<b>SY G</b>		<b>G</b>		<b>SY G</b>		<b>X</b>		<b>G</b>	
<i>Portion Size / Carb Information</i>	X3 QUARTERS	26G	X1 10" WRAP	30.2G	X3 QUARTERS	26G	220g	51.1g	X1 10" WRAP	30.2G
<i>Fillings</i>	Ham <b>SU</b> , (v) Cheese <b>DA</b> , Tuna Mayo <b>EG F MU</b>		Tuna Mayo <b>EG F MU</b> , Ham <b>SU</b> , (v) Cheese <b>DA</b>		(v) Cheese <b>DA</b> , Ham <b>SU</b> , (v) Egg Mayo <b>EG MU</b>		Baked Beans, Cheese <b>DA</b> , Cheese Savoury <b>EG DA MU</b> , Cheese & Sweetcorn <b>DA</b>		Tuna Mayo <b>EG F MU</b> , (v) Cheese <b>DA</b> , Tuna and Cheese <b>EG F DA MU</b> , (v) Egg Mayo <b>EG MU</b>	
<i>Portion Size / Carb Information</i>	Ham 50g Cheese 25g Tuna Mayo 70g	0.2g 0g 2.2g	Ham 50g Cheese 25g Tuna Mayo 70g	0.2g 0g 2.2g	EGG MAYO 75G CHEESE 25G HAM 50G	2.2G 0G 0.2G	Beans 60g Cheese 25g Cheese Savoury 53g Cheese & Corn 60g	8.1g 0g 3g 60g	Tuna Mayo 70g Cheese 25g Egg Mayo 75g Tuna & Cheese 95g	2.2g 0g 2.2g 2g
<i>Dessert</i>	(v) Oaty Apple Crumble & Ice-cream		(v) Sticky Berry Flapjack		(v) Chocolate Sponge with Chocolate Custard		(v) Banana Muffin		(v) Peach Yoghurt	
<b>Allergens</b>	<b>G SY &amp; DA SY</b>		<b>G</b>		<b>DA EG G SY</b>		<b>EG SY G</b>		<b>DA</b>	
<i>Portion Size / Carb Information</i>	Crumble 90g Ice-cream 70g	27g 13g	51g	28.3g	Custard 102g Cake 45g	30.6g	50g	22g	120g (80g Yog/40g Fruit)	12.5g
<b>WEEK 3</b>										
	<b>Monday</b>		<b>Tuesday (Planet Friendly!)</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
<i>Choice 1</i>	Chilli Con Carne		(v) Powerballs in Gravy		Chicken Fillet		Ham & Sweetcorn Pizza		Fish/Salmon Fingers	
<b>Allergens</b>	<b>SU</b>		<b>SU</b>		<b>X</b>		<b>EG DA SY SU G</b>		<b>G F</b>	
<i>Portion Size / Carb Information</i>	117g	4.1g	80g	6.7g	70g	0g	120g	29.1g	50g	10.3g
<i>Choice 2</i>	(v) Campfire Chilli		(v) Cheese & Bean Flaky Pastry Bake		(v) Roasted Quorn Fillet		(v) Homemade Cheese Flan		Chicken Goujons/ (v) Crispy Dippers	
<b>Allergens</b>	<b>EG G SU</b>		<b>G DA</b>		<b>G</b>		<b>EG DA SY G</b>		<b>G</b>	
<i>Portion Size / Carb Information</i>	117g	6.1g	90g	19.8g	69g	3g	112g	11.5g	Chick. G. 56g Dipper 60g	12.9g 6g

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<i>with</i>	(v) Rice, Carrots & Peas		(v) Mashed Potato <b>SU</b> , Broccoli		(v) Stuffing <b>G</b> , Roast Potatoes Seasonal vegetables, Gravy		(v) Seasoned Wedges, Baked Beans		(v) Chips, Peas	
<i>Portion Size / Carb Information</i>	RICE 165G	41.9G	Mash 133g Broccoli 50g	24.4g 1.2g	Stuffing 20g Roast Potato 80g Seasonal Veg 45g Gravy 30g	3.5g 14.4g 2.3g 2g	Beans 60g Wedges 125g	8.1g 22.6g	Chips 85g Peas 40g	19.6g 4g
<i>Choice 3</i>	Jacket Potato		(v) Jacket Potato		Filled Wrap		Jacket Potato		Sandwich Selection	
<i>Allergens</i>	<b>X</b>		<b>X</b>		<b>G</b>		<b>X</b>		<b>G SY</b>	
<i>Portion Size / Carb Information</i>	220g	51.1g	220g	51.1g	X1 10" WRAP	30.2G	220g	51.1g	X3 QUARTERS	26G
<i>Fillings</i>	Chilli cc <b>SU</b> ., (v) C F Chilli <b>EG SU G</b> , (v) Cheese <b>DA</b>		Baked Beans, Cheese <b>DA</b> , Cheese Savoury <b>DA MU EG</b> , Cheese&Sweetcorn <b>DA</b>		Tuna Mayo <b>EG F MU</b> ,(v) Egg Mayo <b>EG MU</b> , Ham <b>SU</b>		(v) Baked Beans,(v) Cheese <b>DA</b> , Tuna & Cheese <b>EG F DA MU</b> , Cheese & Ham <b>DA SU EG MU</b>		Cheese(v) <b>DA</b> , Egg Mayo <b>EG MU</b> (v), Ham <b>SU</b>	
<i>Portion Size / Carb Information</i>	Chili's as above Cheese 25g	Chili's as above 0g	Beans 60g Cheese 25g Cheese Savoury 53g Cheese & Corn 60g	8.1g 0g 3g 60g	HAM 50G TUNA MAYO 70G Egg Mayo 75g	0.2G 2G 2.2g	Baked Beans 60g Cheese 25g Tuna & Cheese 95g Cheese & Ham 65g	8.1g 0g 2g 2.3g	EGG MAYO 75G CHEESE 25G HAM 50G	2.2G 0G 0.2G
<i>Dessert</i>	(v) Apple & Raisins		(v) Ice-cream		(v) Sticky Pineapple & Custard		(v) Homemade Cookies		(v) Fruit & Jelly	
<i>Allergens</i>	<b>X</b>		<b>DA SY</b>		<b>DA</b>		<b>EG SY G</b>		<b>X</b>	
<i>Portion Size / Carb Information</i>	Apple 75g Raisins 15g	19.3g	Ice-cream 70g	13g	Pineapple 70g Custard 100g	24.2g	28g	16.3g	Jelly 100g Orange 100g	26.4g

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