



Week 1 (Nov 23rd - Nov 27th)

Comes with

MON	<ul style="list-style-type: none"> Pasta Bolognese (W) (C) 	<ul style="list-style-type: none"> Homemade Chicken Goujons with roast new potatoes (W) (E) 	<ul style="list-style-type: none"> Hot Vegetarian Burrito with roast new Potatoes (W) 	<ul style="list-style-type: none"> A piece of fruit Flapjack Cookie (W) (M) (E)
TUES	<ul style="list-style-type: none"> Veggie Burger with roast new potatoes (W) 	<ul style="list-style-type: none"> Tex Mex Chilli Beef with basmati rice and tortilla chips (C) 	<ul style="list-style-type: none"> Pesto Pasta salad (W)(M) with roast new potatoes 	<ul style="list-style-type: none"> A Piece of fruit Oven baked cookie (W) (M) (E)
WED	<ul style="list-style-type: none"> Homemade Ham and cheese Quiche with leaves and potato wedges (W) (E) (M) 	<ul style="list-style-type: none"> Chicken Caesar salad with Potato wedges (M) (W) 	<ul style="list-style-type: none"> Spiced Lentil and sweet potato pastry roll with potato wedges (W) (C) (E) 	<ul style="list-style-type: none"> A piece of fruit Rock Road (W) (M) (E)
THUR	<ul style="list-style-type: none"> Homemade pastry sausage rolls with potato wedges (M) 	<ul style="list-style-type: none"> Indian Vegetable Curry with basmati rice (C) 	<ul style="list-style-type: none"> Hot Chicken Pesto Baguette with mozzarella with potato wedges(C) (W) (M) (E) 	<ul style="list-style-type: none"> A piece of fruit Chocolate chip cookie (W) (M) (E)
FRI	<ul style="list-style-type: none"> Vegetarian Chilli with basmati rice and tortilla chips (M) (C) 	<ul style="list-style-type: none"> Beef Lasagne (W)(C)(M) 	<ul style="list-style-type: none"> Toasted ham and cheese wrap (W)(M) with baby roast potatoes 	<ul style="list-style-type: none"> A piece of fruit A coconut square (W) (M) (E)

(W)= Wheat

(M) = Milk incl all milk products

(E) = Egg

(S) = Soy

(SS) = Seseme Seeds

(C) = Celery

Week 2 (Dec 30th- Dec 4th)



Comes with

MON	<ul style="list-style-type: none"> Chicken Goujon Baguette with wedges (W) (C) (M) 	Or	<ul style="list-style-type: none"> Vegetarian Pasta bake (W) 	Or	<ul style="list-style-type: none"> Beef Bourguignon with rice (C) 	<ul style="list-style-type: none"> A piece of fruit A rocky road (W) (M) (E)
TUES	<ul style="list-style-type: none"> Chicken and Broccoli Bake (W) (M) 	Or	<ul style="list-style-type: none"> Cottage Pie (C) 	Or	<ul style="list-style-type: none"> Tomato and mozzarella stone crust foccacia slice with (W) (M) Potato wedges 	<ul style="list-style-type: none"> Piece of fruit Flapjack Cookie (W) (M) (E)
WED	<ul style="list-style-type: none"> Spaghetti and Meatballs (M) (W) (C) 	Or	<ul style="list-style-type: none"> Falafel wrap (W) (E) with roast new potatoes 	Or	<ul style="list-style-type: none"> Chicken pesto and mozzarella hot roll (W)(E) with roast new potatoes 	<ul style="list-style-type: none"> A piece of fruit Banana Bread (W) (M) (E)
THUR	<ul style="list-style-type: none"> Asian Noodle Vegetable Salad (W) (SS) (S) with Roast baby potatoes 	Or	<ul style="list-style-type: none"> Homemade Beef Lasagne (W) (C) (M) 	Or	<ul style="list-style-type: none"> Chicken fillet Bap (W) (E) with Roast baby potatoes 	<ul style="list-style-type: none"> A piece of fruit Lemon Drissle cake (W) (M) (E)
FRI	<ul style="list-style-type: none"> Chicken and Chickpea Indian Curry (M) (S)(W) 	Or	<ul style="list-style-type: none"> Homemade Beef Burger on a brioche Bun with potato wedges (W) (M) 	Or	<ul style="list-style-type: none"> Veggie Caesar Salad with (W) (M) potato wedges and homemade brown bread (W) 	<ul style="list-style-type: none"> A piece of fruit A chocolate chip cookie (W) (M) (E)

(W)= Wheat

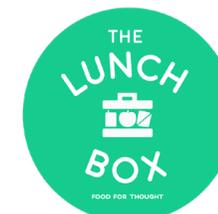
(M) = Milk

(E) = Egg

(S) = Soy

(SS) = Seseme Seeds

(C) = Celery



Week 3 (Dec 7th - Nov 11th)

Comes with

MON	<ul style="list-style-type: none"> Chicken and chorizo pasta bake (W)(M) 	Or	<ul style="list-style-type: none"> Beef stroganoff with basmati rice and crispy onions (M) 	Or	<ul style="list-style-type: none"> Spinach and ricotta pastry with Roast baby potatoes (M) (W) (E) 	<ul style="list-style-type: none"> A piece of fruit Flapjack Cookie (W) (M) (E)
TUES	<ul style="list-style-type: none"> Homemade Beef Lasagne (W) (M) (C) 	Or	<ul style="list-style-type: none"> Italian Vegetable Breadcrumb Bake (W) (M) (E)(C) (W) 	Or	<ul style="list-style-type: none"> Chicken caesar wrap with Roast baby potatoes (W) (E) 	<ul style="list-style-type: none"> A Piece of fruit Chocolate chip cookie (W) (M) (E)
WED	<ul style="list-style-type: none"> Chicken Teriyaki with Basmati Rice (S) (SS) 	Or	<ul style="list-style-type: none"> Indian Vegetable Curry with Basmati rice (M) 	Or	<ul style="list-style-type: none"> Toasted Chicken Tikka Wrap with Roast baby potatoes (W) (M) 	<ul style="list-style-type: none"> A piece of fruit Chocolate brownie (W) (M) (E)
THUR	<ul style="list-style-type: none"> Homemade pastry sausage Roll with potato wedges (W) (M) (E) (C) 	Or	<ul style="list-style-type: none"> Pasta Bolognese (W) (C) 	Or	<ul style="list-style-type: none"> Falafel wrap with potato wedges (W) (E) 	<ul style="list-style-type: none"> A piece of fruit A glazed ring donut (W) (M) (E)
FRI	<ul style="list-style-type: none"> Chicken and Vegetable Curry with Basmati Rice (C) 	Or	<ul style="list-style-type: none"> Asian Vegetable Noodle hot pot with potato wedges (SS)(S)(W) 	Or	<ul style="list-style-type: none"> Hot Cajun Chicken Baguette with potato wedges (W) (E) 	<ul style="list-style-type: none"> A piece of fruit A chocolate chip cookie (W) (M) (E)

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