



DATES:

Week 1:

23rd Feb, 16th March.

Week 2:

2nd Feb, 2nd March, 23rd March.

Week 3:

9th Feb 9th March, 30th March

Allergens:

1. Gluten/Wheat
2. Dairy/Milk
3. Eggs
4. Soya/Soyabeans
5. Mustard
6. Celery
7. Fish
8. Molluscs
9. Shellfish/Crustaceans
10. Sesame Seeds
11. Nuts
12. Lupins
13. Sulphur Dioxide
14. Peanuts

All items with * can be made Vegan.

All items with ** can be made Dairy Free.



All items are subject to availability.

WEEK 1

MONDAY

Cheese Whirl & Sauté Potatoes **1,2**
Vegetable Pasta Bake **1**
Garlic Bread **1,4**
Peas & Baked Beans

Jacket Potato with *Cheese & Beans **2**.

Chocolate Krispie Cake **1,2,4**
Fruit Jelly or Fresh Fruit.

TUESDAY

Beef Tacos **1,2**
Veggie Burrito **1**
Vegetable Rice
Carrots & Green Beans.

Jacket Potato with *Cheese & Beans **2**.

Carrot Cake **1,3**
Fruit Jelly or Fresh Fruit.

WEDNESDAY

Roast Chicken, Stuffing & Gravy **1**
Vegetable & Chickpea Tart **1**
Rustic Roasties
Cabbage & Sweetcorn.

Jacket Potato with *Cheese & Beans **2**.

Shortbread **1**
Fruit Jelly or Fresh Fruit.

THURSDAY

Pork Meatballs **1**
Meatless Meatballs **1**
Broccoli & Carrots.

Jacket Potato with *Cheese & Beans **2**.

Lemon Cake **1,3**
Fruit Jelly or Fresh Fruit.



FRIDAY

Fish Fingers **1,7**
*Cheese Pizza **1,2**
Skin on Fries or Pasta **1**
Baked Beans & Sweetcorn.

Jacket Potato with *Cheese & Beans **2**.

Cooks Choice **1,3**.

MONDAY

*Cheese Pizza **1,2**
Mixed Bean Wrap **1**
Pasta **1**
Peas & Sweetcorn.

Jacket Potato with *Cheese & Beans **2**.

Jelly
Yoghurt & Fruit Compote **2**
Fresh Fruit.

MONDAY

TUESDAY

Chicken Tacos **1,2**
Sweet Potato & Spinach Dhal **6**
Savoury Rice **6**
Broccoli & Mixed Veg.

Jacket Potato with *Cheese & Beans **2**.

Chocolate Cake **1,3**
Fruit Jelly or Fresh Fruit.

TUESDAY

WEDNESDAY

Roast Pork
Veggie Meatloaf **1,4**
Rustic Roasties
Swede & Peas.

Jacket Potato with *Cheese & Beans **2**.

Shrewsbury Biscuit **1,3**
Fruit Jelly or Fresh Fruit.

WEDNESDAY

THURSDAY

Beef Bolognese
Veggie Bolognese
Pasta **1**
Carrots & Sweetcorn.

Jacket Potato with *Cheese & Beans **2**.

Chelsea Buns **1,4,12**
Fruit Jelly or Fresh Fruit.

THURSDAY

FRIDAY

Fish Bites **1,7**
Veggie Nuggets **1**
Skin on Fries or Pasta **1**
Baked Beans & Peas.

Jacket Potato with *Cheese & Beans **2**.

Cooks Choice **1,3**.

FRIDAY

WEEK 2

WEEK 3

Mac 'n' Cheese **1,2**
Tomato Pasta **1**
Garlic Dough Balls **1,4**
Mixed Vegetables.

Jacket Potato with *Cheese & Beans **2**.

Cornflake Crunch **1,2,4**
Fruit Jelly or Fresh Fruit.

Mexican Beef Tortilla Bake **1,2**
*Veggie Tacos **1**
Pasta **1**
Carrots & Peas.

Jacket Potato with *Cheese & Beans **2**.

Iced Cookie Bun **1,3**
Fruit Jelly or Fresh Fruit.

Sausages & Gravy **1,12**
Quorn Sausage & Gravy **1**
Mashed Potato
Sweetcorn & Baked Beans.

Jacket Potato with *Cheese & Beans **2**.

Oat Cookie **1**
Fruit Jelly or Fresh Fruit.

Curried Chicken Chunks **12**
Vegetable Frittata **2,3**
Rainbow Rice
Cauliflower & Peas.

Jacket Potato with *Cheese & Beans **2**.

Marble Sponge **1,3**
Fruit Jelly or Fresh Fruit.

Fish Fingers **1,7**
*Cheese Pizza **1,2**
Skin on Fries or Pasta **1**
Peas & Sweetcorn.

Jacket Potato with *Cheese & Beans **2**.

Cooks Choice **1,3**.