
















Week 1 – Spring Term 2023-24

(V) Vegetarian (VG) Vegan (GF) Gluten Free All meat = Free range, Halal

WB: 15/01, 29/01, 19/02, 04/03, 18/03
















| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
|  <p>Baked Potato (GF/VG)</p> <p><i>With a choice of...</i> Grated Cheese (GF/VG) (GF/V) or Tuna + Mayo (GF)</p> |  <p>Chilli Non-Carne (GF/VG) or Ratatouille (GF/VG)</p> <p>Rice (GF/VG)</p> |  <p>Macaroni Cheese (V) or Vegetable Fusilli Pasta Bake (GF/VG)</p> |  <p>Ali's Special Chicken (GF) or Spinach, Chickpea + Potato curry (GF/VG)</p> <p>Rice (GF/VG)</p> |  <p>Vegetable Pizza (GF/VG) (GF/V) Vegetable Pizza (GF/VG) Potato Wedges (GF/VG) Baked Beans (GF/VG)</p> |
| <p>Sweetcorn (GF/VG) Broccoli (GF/VG)</p> | <p>Peas (GF/VG) Sweetcorn (GF/VG)</p> | <p>Sweetcorn (GF/VG) Broccoli (GF/VG)</p> | <p>Peas (GF/VG) Sweetcorn (GF/VG)</p> | <p>Coleslaw (GF/V) (GF/VG)</p> |
|  <p>Salad bar (GF/VG)</p> |  <p>Salad bar (GF/VG)</p> |  <p>Salad bar (GF/VG)</p> |  <p>Salad bar (GF/VG)</p> |  <p>Salad bar (GF/VG)</p> |
| <p>Flatbread (VG) + (GF) Bread Option</p> | <p>Turkish bread (VG) + (GF) Bread Option</p> | <p>Wholemeal (VG) + (GF) Bread Option</p> | <p>Pitta Bread (VG) + (GF) Bread Option</p> | <p>Breadsticks (VG) + (GF) Bread Option</p> |
|  <p>Fruit (GF/VG) Yoghurt <i>Contains: Milk</i> Water and Cow's Milk or Oat Milk</p> |  <p>Fruit (GF/VG)</p> <p>Water and Cow's Milk or Oat Milk</p> |  <p>Fruit (GF/VG) Flapjack</p> <p>Water and Cow's Milk or Oat Milk</p> |  <p>Fruit (GF/VG)</p> <p>Water and Cow's Milk or Oat Milk</p> |  <p>Fruit (GF/VG) Ice-Cream (V) or Alpro Soya Dessert (GF/VG) Water and Cow's Milk or Oat Milk</p> |

Week 2 – SpringTerm 2023-24

(V) Vegetarian (VG) Vegan (GF) Gluten Free

All meat = Free range, Halal

WB: 08/01, 22/01, 05/02, 26/02, 11/03, 25/03

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
|  <p>Lentil Dahl (GF/VG) or Vegetable + Pesto Filo Tart (V/GF) <i>Contains: Gluten</i></p> <p>Rice (GF/VG)</p> |  <p>Roast Chicken or Veggie Option (GF/VG) Gravy (GF/VG) Roast Potato (GF/VG)</p> |  <p>Spaghetti (VG) or Fusilli (GF/VG) <i>With a choice of...</i> Pesto (GF/V) <i>Contains: Milk</i> Tomato Sauce (GF/VG) Grated Cheese (GF) (V/VG)</p> |  <p>Jerk Chicken or Bean Burger (GF/VG) Rice + Peas (GF/VG)</p> |  <p>Fish fingers Or Veggie Fingers (GF/VG) Potato Wedges (GF/VG)</p> |
| <p>Sweetcorn (GF/VG) Broccoli (GF/VG)</p> | <p>Peas (GF/VG) Sweetcorn (GF/VG)</p> | <p>Sweetcorn (GF/VG) Broccoli (GF/VG)</p> | <p>Peas (GF/VG) Sweetcorn (GF/VG)</p> | <p>Peas (GF/VG) Baked Beans (GF/VG)</p> |
|  <p>Salad bar (GF/VG)</p> |  <p>Salad bar (GF/VG)</p> |  <p>Salad bar (GF/VG)</p> |  <p>Salad bar (GF/VG)</p> |  <p>Salad bar (GF/VG)</p> |
| <p>Flatbread (VG) + (GF) Bread Option</p> | <p>Turkish bread (VG) + (GF) Bread Option</p> | <p>Wholemeal (VG) + (GF) Bread Option</p> | <p>Pitta bread (VG) + (GF) Bread Option</p> | <p>Wholemeal (VG) + (GF) Bun Option</p> |
|  <p>Fruit (GF/VG) Yoghurt <i>Contains: Milk</i> Water and Cow's Milk or Oat Milk</p> |  <p>Fruit (GF/VG) Water and Cow's Milk or Oat Milk</p> |  <p>Fruit (GF/VG) Flapjack Water and Cow's Milk or Oat Milk</p> |  <p>Fruit (GF/VG) Water and Cow's Milk or Oat Milk</p> |  <p>Fruit (GF/VG) Ice-Cream (V) or Alpro Soya Dessert (GF/VG) Water and Cow's Milk or Oat Milk</p> |