



# Spring 2020

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

Monday



**Meat: Handmade beef burger in a bun**  
**Veg: Meat free burger**  
**With: Potato slices and sweetcorn**  
**Dessert: Cherry sponge cake**

Tuesday



**Meat: chicken and potato pie**  
**Veg: Cheese and potato pie**  
**With: French bread**  
**Dessert: Chocolate sponge cake**

Wednesday



**Meat: Roast Beef**  
**Veg: Vegetable casserole**  
**With: Roast pots, Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

Thursday



**Meat: Meatball pasta**  
**Veg: Tomato and butternut squash pasta**  
**With: Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

Friday



**Meat: Breaded cod**  
**Veg: Cauliflower cheese grill**  
**With: Oven baked chips and peas**  
**Dessert: Chocolate Iced bun**

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

**Meat: Hotdog in a roll**

**Veg: Meat free sausage in a roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Cherry sponge cake**

**Meat: Beef chow Mein Noodles**

**Veg: Vegetable chow Mein**  
**With: prawn crackers, raw peppers and carrots**  
**Dessert: Chocolate sponge cake**

**Meat: Roast Chicken**

**Veg: Cauliflower cheese bake**  
**With: Roast pots, Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Rigatoni bolognese mozzarella bake**

**Veg: Rigatoni with tomato and mozzarella**  
**With: Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Fish fingers**

**Veg: Fishless fingers**  
**With: Oven baked chips and peas**  
**Dessert: Chocolate Iced bun**

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

**Meat: BBQ Chicken**

**Veg: meat free BBQ chicken**  
**With: Potato slices and sweetcorn**  
**Dessert: Cherry sponge cake**

**Meat: Love food breakfast**

**Veg: Vegetable breakfast**  
**With: Hash brown, scrambled egg and beans**  
**Dessert: Chocolate sponge cake**

**Meat: Roast Pork**

**Veg: Falafel**  
**With: Roast pots, Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Macaroni cheese with ham**

**Veg: Macaroni cheese**  
**With: Garlic bread and Mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Cod cake**

**Veg: Chicken style nuggets**  
**With: Oven baked chips and peas**  
**Dessert: Chocolate Iced bun**

Soup option	Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, tomato or vegetable
Lunch box option	Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken or vegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), cheese, popcorn, pretzels, raisins, dried bananas, Crackers, raw pepper batons, pineapple sticks, melon sticks, veggie straws
Jacket potato Everyday items	All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.  Milk, Water, Bread, Yoghurts and fruit are available every day.



# Spring Gluten free 2020

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

Monday



**Meat: Handmade beef burger in a ff bun**  
**Veg: Meat free burger in a ff bun**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

Tuesday



**Meat: Chicken and potato pie**  
**Veg: Cheese and potato pie**  
**With: FF French bread and peas**  
**Dessert: Free from cake**

Wednesday



**Meat: Roast Beef**  
**Veg: Vegetable casserole**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

Thursday



**Meat: Meatball ff pasta**  
**Veg: Tomato and butternut squash pasta**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

Friday



**Meat: FF fish fingers**  
**Veg: FF veg wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

**Meat: ff Hotdog in a ff roll**  
**Veg: Meat free sausage in a ff roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Beef chow Mein Rice noodles**  
**Veg: Vegetable chow Mein Rice noodles**  
**With: Raw pepper and carrot, prawn crackers**  
**Dessert: Free from cake**

**Meat: Roast chicken**  
**Veg: Cauliflower cheese bake**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: ff Rigatoni bolognese mozzarella bake**  
**Veg: Rigatoni with tomato and mozzarella**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: FF Fish fingers**  
**Veg: FF veg wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

**Meat: BBQ Chicken**  
**Veg: meat free BBQ chicken**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Love food breakfast**  
**Veg: Vegetarian breakfast**  
**With: hash browns, scrambled egg and beans**  
**Dessert: Free from cake**

**Meat: Roast pork**  
**Veg: Vegetable casserole**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: ff Macaroni cheese with ham**  
**Veg: Macaroni cheese**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: FF scampi**  
**Veg: FF veg wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

Soup option	Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, tomato or vegetable
Lunch box option	Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken or vegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), cheese, popcorn, pretzels, raisins, dried bananas, Crackers, raw pepper batons, pineapple sticks, melon sticks, veggie straws
Jacket potato Everyday items	All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.  Milk, Water, Bread, Yoghurts and fruit are available every day.



# Spring Dairy free Menu 2020

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

Monday



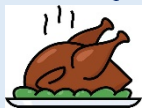
**Meat: Handmade ff beef burger in a bun**  
**Veg: Meat free burger**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

Tuesday



**Meat: chicken and potato pie**  
**Veg: ff Cheese and potato pie**  
**With: French bread**  
**Dessert: Free from cake**

Wednesday



**Meat: Roast Beef**  
**Veg: Vegetable casserole**  
**With: Roasts, Ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

Thursday



**Meat: Meatball pasta**  
**Veg: Tomato and butternut squash pasta**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

Friday



**Meat: Breaded cod**  
**Veg: Fishless fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

**Meat: FF Hotdog in a roll**  
**Veg: Meat free sausage in a roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Beef chow Mein Noodles**  
**Veg: Vegetable chow Mein**  
**With: Prawn crackers, peppers and carrots.**  
**Dessert: Free from cake**

**Meat: Roast Chicken**  
**Veg: Cauliflower ff cheese bake**  
**With: Roasts, FF Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Rigatoni bolognese ff mozzarella bake**  
**Veg: Rigatoni with tomato and ff mozzarella**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Fish fingers**  
**Veg: Fishless fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

**Meat: BBQ Chicken**  
**Veg: meat free BBQ chicken**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Love food breakfast**  
**Veg: Vegetable breakfast**  
**With: Hash brown ff soya scrambled eggs and beans**  
**Dessert: Free from cake**

**Meat: Roast Pork**  
**Veg: Falafel**  
**With: Roasts, FF Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Macaroni cheese with ham**  
**Veg: Macaroni cheese**  
**With: ff Garlic bread and Mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Cod cake**  
**Veg: Chicken style nuggets**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

*Soup option*

**Warm Heinz soup served in an insulated cup with a bread roll, choose from vegetable**

*Lunch box option*

**Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam, ff Cheese, Ham, Chicken, or Tuna ff mayo, vegan ham or vegan chicken. All lunch boxes come with a piece of fruit, a soya yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), cheese, popcorn, pretzels, raisins, dried bananas, Crackers, raw pepper batons, pineapple sticks, melon sticks, veggie straws**

*Jacket potato*

**All Jacket potatoes come with a choice of either one or two of the following Fillings: Soya cheese, Beans, Tuna free from mayo, and salad.**

*Everyday items*

**Soya Milk, Water, Bread, Soya Yoghurts and fruit are available every day.**



# Spring 2020 Dairy and Gluten Free Menu

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

Monday



**Meat: Handmade beef burger in a ff bun**  
**Veg: Meat free burger in a ff bun**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

Tuesday



**Meat: Chicken and potato pie**  
**Veg: ff Cheese and potato pie**  
**With: FF French bread and peas**  
**Dessert: Free from cake**

Wednesday



**Meat: Roast Beef**  
**Veg: Vegetable casserole**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

Thursday



**Meat: Meatball ff pasta**  
**Veg: Tomato and butternut squash pasta**  
**With: ff Garlic bread and mixed salad**  
**Dessert:**

Friday



**Meat: FF fish fingers**  
**Veg: FF veg wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

**Meat: ff Hotdog in a ff roll**

**Veg: Meat free sausage in a ff roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Beef chow Mein Rice noodles**

**Veg: Vegetable chow Mein Rice noodles**  
**With: Raw pepper and carrot, prawn crackers**  
**Dessert: Free from cake**

**Meat: Roast chicken**

**Veg: Cauliflower ff cheese bake**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: ff Rigatoni bolognese ff mozzarella bake**

**Veg: Rigatoni with tomato and ff mozzarella**  
**With: ff Garlic bread and mixed salad**  
**Dessert:**

**Meat: FF Fish fingers**

**Veg: FF veg wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

**Meat: BBQ Chicken**

**Veg: meat free BBQ chicken**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Love food breakfast**

**Veg: Vegetarian breakfast**  
**With: hash browns, scrambled egg and beans**  
**Dessert: Free from cake**

**Meat: Roast pork**

**Veg: Vegetable casserole**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: ff Macaroni ff cheese with ham**

**Veg: Macaroni ff cheese**  
**With: ff Garlic bread and mixed salad**  
**Dessert:**

**Meat: FF scampi**

**Veg: FF veg wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

Soup option

**Warm Heinz soup served in an insulated cup with a bread roll: carrot and butter bean soup**

Lunch box option

**Your choice of a FF Sandwich, FF Roll or a FF Wrap. Fillings: strawberry jam soya Cheese, Ham, Chicken, or Tuna ff mayo. All lunch boxes come with a piece of fruit, a yoghurt, a FF dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), DF cheese and FF Bread sticks, raisins, dried bananas, FF bread sticks, raw pepper batons.**

Jacket potato

**All Jacket potatoes come with a choice of either one or two of the following Fillings: DF cheese, Beans, Tuna FF mayo, and salad.**

Everyday items

**Soya Milk, Water, FF Bread, Soya Yoghurts and fruit are available every day.**



# Spring 2020 Egg free Menu

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

Monday



**Meat: Handmade beef burger in a bun**  
**Veg: Meat free burger**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

Tuesday



**Meat: chicken and potato pie**  
**Veg: Cheese and potato pie**  
**With: French bread**  
**Dessert: Free from cake**

Wednesday



**Meat: Roast Beef**  
**Veg: Vegetable casserole**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

Thursday



**Meat: Meatball pasta**  
**Veg: Tomato and butternut squash pasta**  
**With: Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

Friday



**Meat: Breaded cod**  
**Veg: Cauliflower cheese grill**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

**Meat: Hotdog in a roll**  
**Veg: Meat free sausage in a roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Beef chow Mein rice Noodles**  
**Veg: Vegetable chow Mein Rice noodles**  
**With: prawn crackers, raw peppers and carrots**  
**Dessert: Free from cake**

**Meat: Roast Chicken**  
**Veg: Cauliflower cheese bake**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Rigatoni bolognese mozzarella bake**  
**Veg: Rigatoni with tomato and mozzarella**  
**With: Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Fish fingers**  
**Veg: Fishless fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

**Meat: BBQ Chicken**  
**Veg: meat free BBQ chicken**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Love food breakfast**  
**Veg: Vegetable breakfast**  
**With: Hash brown and beans**  
**Dessert: Free from cake**

**Meat: Roast Pork**  
**Veg: Falafel**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Macaroni cheese with ham**  
**Veg: Macaroni cheese**  
**With: Garlic bread and Mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Cod cake**  
**Veg: Chicken style nuggets**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, tomato or vegetable

Lunch box option

Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam Cheese, Ham, Chicken, or Tuna ff mayo. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), cheese and biscuits, popcorn, raisins, dried bananas, crackers, raw pepper batons.

Jacket potato Everyday items

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna ff mayo, and salad.

Milk, Water, Bread, Yoghurts and fruit are available every day.



# Spring 2020 Dairy and Egg free Menu

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

Monday



**Meat: Handmade ff beef burger in a bun**  
**Veg: Meat free burger**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

Tuesday



**Meat: chicken and potato pie**  
**Veg: ff Cheese and potato pie**  
**With: French bread**  
**Dessert: Free from cake**

Wednesday



**Meat: Roast Beef**  
**Veg: Vegetable casserole**  
**With: Roasts, Ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

Thursday



**Meat: Meatball pasta**  
**Veg: Tomato and butternut squash pasta**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

Friday



**Meat: Breaded cod**  
**Veg: Fishless fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

**Meat: FF Hotdog in a roll**

**Veg: Meat free sausage in a roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Beef chow Mein rice Noodles**

**Veg: Vegetable chow Mein Rice noodles**  
**With: Prawn crackers, peppers and carrots.**  
**Dessert: Free from cake**

**Meat: Roast Chicken**

**Veg: Cauliflower ff cheese bake**  
**With: Roasts, FF Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Rigatoni bolognaise ff mozzarella bake**

**Veg: Rigatoni with tomato and ff mozzarella**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Fish fingers**

**Veg: Fishless fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

**Meat: BBQ Chicken**

**Veg: meat free BBQ chicken**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Love food breakfast**

**Veg: Vegetable breakfast**  
**With: Hash brown and beans**  
**Dessert: Free from cake**

**Meat: Roast Pork**

**Veg: Falafel**  
**With: Roasts, FF Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Macaroni cheese with ham**

**Veg: Macaroni cheese**  
**With: ff Garlic bread and Mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Cod cake**

**Veg: Chicken style nuggets**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from vegetable

Lunch box option

Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam, soya Cheese, Ham, Chicken, or Tuna free from mayo. All lunch boxes come with a piece of fruit, a soya yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), Soya cheese and biscuits, raisins, dried bananas, crackers, raw pepper batons.

Salad option

Choose from ham, tuna Free from mayo, soya cheese, or falafel served with mixed salad and bread roll

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: Soya cheese, Beans, Tuna free from mayo, and salad.

Everyday items

Soya Milk, Water, Bread, Soya Yoghurts and fruit are available every day.



# Spring 2020 Dairy and Soya free Menu

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

Monday



**Meat: Handmade ff beef burger in a bun**  
**Veg: Meat free burger**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: FF Hotdog in a roll**  
**Veg: Meat free sausage in a roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: BBQ Chicken**  
**Veg: meat free BBQ chicken**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

Tuesday



**Meat: chicken and potato pie**  
**Veg: ff Cheese and potato pie**  
**With: French bread**  
**Dessert: Free from cake**

**Meat: Beef chow Mein Noodles**  
**Veg: Vegetable chow Mein**  
**With: Prawn crackers, peppers and carrots.**  
**Dessert: Free from cake**

**Meat: Love food breakfast**  
**Veg: Vegetable breakfast**  
**With: Hash brown ff soya scrambled eggs and beans**  
**Dessert: Free from cake**

Wednesday



**Meat: Roast Beef**  
**Veg: Vegetable casserole**  
**With: Roasts, Ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Roast Chicken**  
**Veg: Cauliflower ff cheese bake**  
**With: Roasts, FF Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Roast Pork**  
**Veg: Falafel**  
**With: Roasts, FF Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

Thursday

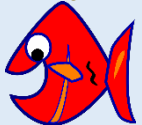


**Meat: Meatball pasta**  
**Veg: Tomato and butternut squash pasta**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Rigatoni bolognese ff mozzarella bake**  
**Veg: Rigatoni with tomato and ff mozzarella**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Macaroni ff cheese with ham**  
**Veg: Macaroni ff cheese**  
**With: ff Garlic bread and Mixed salad**  
**Dessert: Melon and pineapple slices**

Friday



**Meat: Breaded cod**  
**Veg: Vegetable fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

**Meat: Fish fingers**  
**Veg: Vegetable fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

**Meat: Cod cake**  
**Veg: Vegetable fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from vegetable

Lunch box option

Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam, violife Cheese, Ham, Chicken, or Tuna free from mayo. All lunch boxes come with a piece of fruit, a jelly, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), violife cheese and biscuits, raisins, dried bananas, crackers, raw pepper batons.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: violife cheese, Beans, Tuna free from mayo, and salad.

Everyday items

Oatly Milk, Water, Tesco soya free Bread, coconut based Yoghurts and fruit are available every day.



# Spring 2020 Dairy Egg and Gluten Free Menu

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

Day	Week One	Week Two	Week Three
Monday 	<b>Meat: Handmade ff beef burger in a ff bun</b> <b>Veg: Meat free burger</b> <b>With: Potato slices and sweetcorn</b> <b>Dessert: Free from cake</b>	<b>Meat: FF Hotdog in a ff roll</b> <b>Veg: Meat free sausage in a roll</b> <b>With: Potato slices and sweetcorn</b> <b>Dessert: Free from cake</b>	<b>Meat: BBQ Chicken</b> <b>Veg: meat free BBQ chicken</b> <b>With: Potato slices and sweetcorn</b> <b>Dessert: Free from cake</b>
Tuesday 	<b>Meat: chicken and potato pie</b> <b>Veg: ff Cheese and potato pie</b> <b>With: ff French bread</b> <b>Dessert: Free from cake</b>	<b>Meat: Beef chow Mein rice Noodles</b> <b>Veg: Vegetable chow Mein Rice noodles</b> <b>With: Prawn crackers, peppers and carrots.</b> <b>Dessert: Free from cake</b>	<b>Meat: Love food breakfast</b> <b>Veg: Vegetable breakfast</b> <b>With: Hash brown and beans</b> <b>Dessert: Free from cake</b>
Wednesday 	<b>Meat: Roast Beef</b> <b>Veg: Vegetable casserole</b> <b>With: Roasts, Ff Yorkshire, Green beans &amp; Carrots</b> <b>Dessert: Various biscuits</b>	<b>Meat: Roast Chicken</b> <b>Veg: Cauliflower ff cheese bake</b> <b>With: Roasts, FF Yorkshire, Green beans &amp; Carrots</b> <b>Dessert: Various biscuits</b>	<b>Meat: Roast Pork</b> <b>Veg: Falafel</b> <b>With: Roasts, FF Yorkshire, Green beans &amp; Carrots</b> <b>Dessert: Various biscuits</b>
Thursday 	<b>Meat: Meatball ff pasta</b> <b>Veg: Tomato and butternut squash pasta</b> <b>With: ff Garlic bread and mixed salad</b> <b>Dessert: Melon and pineapple slices</b>	<b>Meat: Rigatoni bolognaise ff mozzarella bake</b> <b>Veg: Rigatoni with tomato and ff mozzarella</b> <b>With: ff Garlic bread and mixed salad</b> <b>Dessert: Melon and pineapple slices</b>	<b>Meat: ff Macaroni ff cheese with ham</b> <b>Veg: Macaroni cheese</b> <b>With: ff Garlic bread and Mixed salad</b> <b>Dessert: Melon and pineapple slices</b>
Friday 	<b>Meat: FF fish fingers</b> <b>Veg: FF wrap</b> <b>With: Oven baked chips and peas</b> <b>Dessert: Free from cake</b>	<b>Meat: FF Fish fingers</b> <b>Veg: FF wrap</b> <b>With: Oven baked chips and peas</b> <b>Dessert: Free from cake</b>	<b>Meat: FF scampi</b> <b>Veg: FF wrap</b> <b>With: Oven baked chips and peas</b> <b>Dessert: Free from cake</b>

Soup option	Warm Heinz soup served in an insulated cup with a bread roll, choose from Heinz big beef soup, carrot and bean soup
Lunch box option	Your choice of: FF Sandwich, FF Roll or a FF Wrap. Fillings: strawberry jam, soya Cheese, Ham, Chicken, or Tuna ff mayo. All lunch boxes come with a piece of fruit, a soya yoghurt, a FF dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), DF cheese and FF Bread sticks, raisins, dried bananas, FF bread sticks, raw pepper batons.
Jacket potato	All Jacket potatoes come with a choice of either one or two of the following Fillings: soya cheese, Beans, Tuna ff mayo, and salad.
Everyday items	Soya Milk, Water, FF Bread, Soya Yoghurts and fruit are available every day.





# Spring 2020 Gluten and Egg Free Menu

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

Monday



**Meat: Handmade beef burger in a ff bun**  
**Veg: Meat free burger in a ff bun**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: ff Hotdog in a ff roll**  
**Veg: Meat free sausage in a ff roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: BBQ Chicken**  
**Veg: meat free BBQ chicken**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

Tuesday

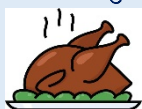


**Meat: Chicken and potato pie**  
**Veg: Cheese and potato pie**  
**With: FF French bread and peas**  
**Dessert: Free from cake**

**Meat: Beef chow Mein Rice noodles**  
**Veg: Vegetable chow Mein Rice noodles**  
**With: Raw pepper and carrot, prawn crackers**  
**Dessert: Free from cake**

**Meat: Love food breakfast**  
**Veg: Vegetarian breakfast**  
**With: hash browns and beans**  
**Dessert: Free from cake**

Wednesday



**Meat: Roast Beef**  
**Veg: Vegetable casserole**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Roast chicken**  
**Veg: Cauliflower cheese bake**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Roast pork**  
**Veg: Vegetable casserole**  
**With: Roasts, ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

Thursday



**Meat: Meatball ff pasta**  
**Veg: Tomato and butternut squash pasta**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: ff Rigatoni bolognese mozzarella bake**  
**Veg: Rigatoni with tomato and mozzarella**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: ff Macaroni cheese with ham**  
**Veg: Macaroni cheese**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

Friday



**Meat: FF fish fingers**  
**Veg: FF veg wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

**Meat: FF Fish fingers**  
**Veg: FF veg wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

**Meat: FF scampi**  
**Veg: FF veg wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken or tomato

Lunch box option

Your choice of: FF Sandwich, FF Roll or a FF Wrap. Fillings: strawberry jam, Cheese, Ham, Chicken, or Tuna ff mayo. All lunch boxes come with a piece of fruit, a yoghurt, a FF dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), cheese and FF Breadsticks, popcorn, raisins, dried bananas, FF bread sticks, raw pepper batons.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna ff mayo, and salad.

Everyday items

Milk, Water, FF Bread, Yoghurts and fruit are available every day.



# Spring 2020 Vegan Menu

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May



**Veg: Meat free vegan burger in a roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**



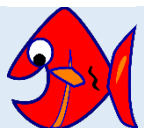
**Veg: Vegan cheese and potato pie**  
**With: Peas and French bread**  
**Dessert: Free from cake**



**Veg: Vegetable casserole**  
**With: Roasts, ff Yorkshire, carrots & green beans**  
**Dessert: Various biscuits**



**Veg: Tomato and butternut squash pasta**  
**With: FF garlic bread and side salad**  
**Dessert: Melon and pineapple slices**



**Veg: Sweetcorn fritter**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

**Veg: Vegan sausage in a roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Veg: Vegetable chow Mein with rice noodles**  
**With: Raw peppers and carrots**  
**Dessert: Free from cake**

**Veg: Cauliflower vegan cheese**  
**With: Roasts, ff Yorkshire, carrots & green beans**  
**Dessert: Various biscuits**

**Veg: Vegan rigatoni bolognese bake, ff mozzarella**  
**With: FF garlic bread and side salad**  
**Dessert: Melon and pineapple slices**

**Veg: Fishless fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

**Veg: Meat free BBQ chicken**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Veg: Love food vegan breakfast**  
**With: Hash browns and beans**  
**Dessert: Free from cake**

**Veg: Moroccan Falafels**  
**With: Roasts, ff Yorkshire, carrots & green beans**  
**Dessert: Various biscuits**

**Veg: Vegan macaroni cheese**  
**With: FF garlic bread and side salad**  
**Dessert: Melon and pineapple slices**

**Veg: Vegan style chicken nuggets**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from vegetable

Lunch box option

Your choice of : Sandwich, Roll or a Wrap. Fillings: strawberry jam, vegan ham, vegan chicken, vegan Cheese. All lunch boxes come with a piece of fruit, a soya yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), vegan cheese and biscuits, raisins, dried bananas, crackers, raw pepper batons.

Jacket potato  
Everyday items

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans and salad.

Soya Milk, Water, Bread, soya Yoghurts and fruit are available every day.



# Spring 2020 Dairy, Gluten, Soya and Egg Free Menu

## Week One






Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

Day	Week One	Week Two	Week Three
Monday 	<b>Meat: Handmade ff beef burger in a ff bun</b> <b>Veg: Meat free burger</b> <b>With: Potato slices and sweetcorn</b> <b>Dessert: Free from cake</b>	<b>Meat: FF Hotdog in a ff roll</b> <b>Veg: Meat free sausage in a roll</b> <b>With: Potato slices and sweetcorn</b> <b>Dessert: Free from cake</b>	<b>Meat: BBQ Chicken</b> <b>Veg: meat free BBQ chicken</b> <b>With: Potato slices and sweetcorn</b> <b>Dessert: Free from cake</b>
Tuesday 	<b>Meat: chicken and potato pie</b> <b>Veg: ff Cheese and potato pie</b> <b>With: ff French bread</b> <b>Dessert: Free from cake</b>	<b>Meat: Beef chow Mein rice Noodles</b> <b>Veg: Vegetable chow Mein Rice noodles</b> <b>With: Prawn crackers, peppers and carrots.</b> <b>Dessert: Free from cake</b>	<b>Meat: Love food breakfast</b> <b>Veg: Vegetable breakfast</b> <b>With: Hash brown and beans</b> <b>Dessert: Free from cake</b>
Wednesday 	<b>Meat: Roast Beef</b> <b>Veg: Vegetable casserole</b> <b>With:Roasts, Ff Yorkshire, Green beans &amp; Carrots</b> <b>Dessert: Various biscuits</b>	<b>Meat: Roast Chicken</b> <b>Veg: Cauliflower ff cheese bake</b> <b>With:Roasts, FF Yorkshire, Green beans &amp; Carrots</b> <b>Dessert: Various biscuits</b>	<b>Meat: Roast Pork</b> <b>Veg: Falafel</b> <b>With:Roasts, FF Yorkshire, Green beans &amp; Carrots</b> <b>Dessert: Various biscuits</b>
Thursday 	<b>Meat: Meatball ff pasta</b> <b>Veg: Tomato and butternut squash pasta</b> <b>With: ff Garlic bread and mixed salad</b> <b>Dessert: Melon and pineapple slices</b>	<b>Meat: Rigatoni bolognaise ff mozzarella bake</b> <b>Veg: Rigatoni with tomato and ff mozzarella</b> <b>With: ff Garlic bread and mixed salad</b> <b>Dessert: Melon and pineapple slices</b>	<b>Meat: ff Macaroni ff cheese with ham</b> <b>Veg: Macaroni cheese</b> <b>With: ff Garlic bread and Mixed salad</b> <b>Dessert: Melon and pineapple slices</b>
Friday 	<b>Meat: FF fish fingers</b> <b>Veg: FF wrap</b> <b>With: Oven baked chips and peas</b> <b>Dessert: Free from cake</b>	<b>Meat: FF Fish fingers</b> <b>Veg: FF wrap</b> <b>With: Oven baked chips and peas</b> <b>Dessert: Free from cake</b>	<b>Meat: FF scampi</b> <b>Veg: FF wrap</b> <b>With: Oven baked chips and peas</b> <b>Dessert: Free from cake</b>

Soup option	Warm Heinz soup served in an insulated cup with a bread roll, choose from carrot and bean soup
Lunch box option	Your choice of a FF Sandwich, FF Roll or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna ff mayo. All lunch boxes come with a piece of fruit, a yoghurt, a FF dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), cheese and FF Breadsticks, popcorn, raisins, dried bananas, FF bread sticks, raw pepper batons.
Jacket potato	All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna ff mayo, and salad.
Everyday items	Oatly Milk, Water, FF Bread, Yoghurts and fruit are available every day.



# Spring 2020 Dairy, Gluten and Soya Free Menu

## Week One





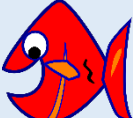
Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

Day	Week One	Week Two	Week Three
Monday 	<b>Meat: Handmade beef burger in a ff bun</b> <b>Veg: Meat free burger in a ff bun</b> <b>With: Potato slices and sweetcorn</b> <b>Dessert: Free from cake</b>	<b>Meat: ff Hotdog in a ff roll</b> <b>Veg: Meat free sausage in a ff roll</b> <b>With: Potato slices and sweetcorn</b> <b>Dessert: Free from cake</b>	<b>Meat: BBQ Chicken</b> <b>Veg: meat free BBQ chicken</b> <b>With: Potato slices and sweetcorn</b> <b>Dessert: Free from cake</b>
Tuesday 	<b>Meat: Chicken and potato pie</b> <b>Veg: ff Cheese and potato pie</b> <b>With: FF French bread and peas</b> <b>Dessert: Free from cake</b>	<b>Meat: Beef chow Mein Rice noodles</b> <b>Veg: Vegetable chow Mein Rice noodles</b> <b>With: Raw pepper and carrot, prawn crackers</b> <b>Dessert: Free from cake</b>	<b>Meat: Love food breakfast</b> <b>Veg: Vegetarian breakfast</b> <b>With: hash browns, scrambled egg and beans</b> <b>Dessert: Free from cake</b>
Wednesday 	<b>Meat: Roast Beef</b> <b>Veg: Vegetable casserole</b> <b>With: Roasts, ff Yorkshire, Green beans &amp; Carrots</b> <b>Dessert: Various biscuits</b>	<b>Meat: Roast chicken</b> <b>Veg: Cauliflower ff cheese bake</b> <b>With: Roasts, ff Yorkshire, Green beans &amp; Carrots</b> <b>Dessert: Various biscuits</b>	<b>Meat: Roast pork</b> <b>Veg: Vegetable casserole</b> <b>With: Roasts, ff Yorkshire, Green beans &amp; Carrots</b> <b>Dessert: Various biscuits</b>
Thursday 	<b>Meat: Meatball ff pasta</b> <b>Veg: Tomato and butternut squash pasta</b> <b>With: ff Garlic bread and mixed salad</b> <b>Dessert:</b>	<b>Meat: ff Rigatoni bolognese ff mozzarella bake</b> <b>Veg: Rigatoni with tomato and ff mozzarella</b> <b>With: ff Garlic bread and mixed salad</b> <b>Dessert:</b>	<b>Meat: ff Macaroni ff cheese with ham</b> <b>Veg: Macaroni ff cheese</b> <b>With: ff Garlic bread and mixed salad</b> <b>Dessert:</b>
Friday 	<b>Meat: FF fish fingers</b> <b>Veg: FF veg wrap</b> <b>With: Oven baked chips and peas</b> <b>Dessert: Free from cake</b>	<b>Meat: FF Fish fingers</b> <b>Veg: FF veg wrap</b> <b>With: Oven baked chips and peas</b> <b>Dessert: Free from cake</b>	<b>Meat: FF scampi</b> <b>Veg: FF veg wrap</b> <b>With: Oven baked chips and peas</b> <b>Dessert: Free from cake</b>

<p>Soup option</p> <p>Lunch box option</p> <p>Jacket potato</p> <p>Everyday items</p>	<p><b>Warm Heinz soup served in an insulated cup with a bread roll, choose from carrot and bean soup</b></p> <p><b>Your choice of a FF Sandwich, FF Roll or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna ff mayo. All lunch boxes come with a piece of fruit, a yoghurt, a FF dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), cheese and FF Breadsticks, popcorn, raisins, dried bananas, FF bread sticks, raw pepper batons.</b></p> <p><b>All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna ff mayo, and salad.</b></p> <p><b>Milk, Water, FF Bread, Yoghurts and fruit are available every day.</b></p>
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# Autumn/winter Dairy Egg and Soya free Menu 2019/20

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

Monday



**Meat: Handmade ff beef burger in a bun**  
**Veg: Meat free burger**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

Tuesday



**Meat: chicken and potato pie**  
**Veg: ff Cheese and potato pie**  
**With: French bread**

**Dessert: Free from cake**

Wednesday



**Meat: Roast Beef**  
**Veg: Vegetable casserole**  
**With: Roasts, Ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

Thursday



**Meat: Meatball pasta**  
**Veg: Tomato and butternut squash pasta**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

Friday



**Meat: Breaded cod**  
**Veg: Vegetable fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

**Meat: FF Hotdog in a roll**

**Veg: Meat free sausage in a roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Beef chow Mein Noodles**

**Veg: Vegetable chow Mein**  
**With: Prawn crackers, peppers and carrots.**

**Dessert: Free from cake**

**Meat: Roast Chicken**

**Veg: Cauliflower ff cheese bake**  
**With: Roasts, FF Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Rigatoni bolognese ff mozzarella bake**

**Veg: Rigatoni with tomato and ff mozzarella**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Fish fingers**

**Veg: Vegetable fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

**Meat: BBQ Chicken**

**Veg: meat free BBQ chicken**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: Love food breakfast**

**Veg: Vegetable breakfast**  
**With: Hash brown ff soya scrambled eggs and beans**  
**Dessert: Free from cake**

**Meat: Roast Pork**

**Veg: Falafel**  
**With: Roasts, FF Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Macaroni ff cheese with ham**

**Veg: Macaroni ff cheese**  
**With: ff Garlic bread and Mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Cod cake**

**Veg: Vegetable fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

Soup option

**Warm Heinz soup served in an insulated cup with a bread roll, choose from vegetable**

Lunch box option

**Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam, violife Cheese, Ham, Chicken, or Tuna free from mayo. All lunch boxes come with a piece of fruit, a jelly, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), violife cheese and biscuits, raisins, dried bananas, crackers, raw pepper batons.**

Jacket potato

**All Jacket potatoes come with a choice of either one or two of the following Fillings: violife cheese, Beans, Tuna free from mayo, and salad.**

Everyday items

**Oatly Milk, Water, Tesco soya free Bread, coconut based Yoghurts and fruit are available every day.**