



Three choice menu

November 2021

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2021

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2022

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2022

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2022

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2022

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Week One Week Two Week Three



Monday

Week one

Cheese and chorizo pizza with wedges and spaghetti hoops
Vegetable korma with rice
Cheese / tuna / beans / coleslaw jacket potato
Cookie & Milkshake
Yoghurt - selection of flavours & Fruit

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, sulphur dioxide & sulphites, wheat
May contain: Celery, oats, rye, sesame

Tuesday

Scouse with crusty bread and red cabbage or beetroot
Tuna pasta bake
Knorr Cream of Chicken
Tuna / cheese / ham / egg / filled roll
Fruit Sponge & Custard
Yoghurt - selection of flavours & Fruit

Contains: Barley, celery, cereals containing gluten, eggs, fish, milk, mustard, oats, rye, soya, wheat
May contain: Sesame

Wednesday

Meatballs in tomato sauce with pasta
Chicken fajita boats
Cheese / tuna / beans / coleslaw jacket potato
Butterfly Cake
Yoghurt - selection of flavours & Fruit

Contains: Cereals containing gluten, eggs, fish, milk, mustard, sulphur dioxide & sulphites, wheat
May contain: Celery, soya

Thursday

Roast beef, roast potatoes, carrots, Yorkshire pudding and gravy
Quorn mince and mash with seasonal veg and gravy
Leek & Potato
Tuna / cheese / ham / egg / panini
Jelly & Fruit
Yoghurt - selection of flavours & Fruit

Contains: Celery, cereals containing gluten, eggs, fish, milk, mustard, soya, wheat
May contain: Oats, rye

Friday

Fish fingers, chips & peas (mushy or garden)
Vegetable Chilli and rice
Cheese / tuna / beans / coleslaw jacket potato)
Fruit Flapjack
Yoghurt - selection of flavours & Fruit

Contains: Cereals containing gluten, eggs, fish, milk, mustard, oats, soya, wheat
May contain: Rye

Week two

Chicken burger on a diddi roll with crisscuts and beans
Vegetable burger on a diddi roll with crisscuts and beans
Cheese / tuna / beans / coleslaw jacket potato
Chocolate Mousse Break with banana
Yoghurt - selection of flavours & Fruit

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, wheat
May contain: Barley, celery, oats, rye, sulphur dioxide & sulphites

Spaghetti bolognese & garlic bread
Quorn 'chicken' and leek top crust pie, wedge, seasonal veg and gravy
Tomato & Basil
Tuna / cheese / ham / egg / filled roll
Yoghurt - selection of flavours & Fruit
Fruit Lolly Ice

Contains: Celery, cereals containing gluten, eggs, fish, milk, mustard, soya, wheat
May contain: Oats, rye

Chicken Korma with rice
Cheese and ham panini with wedges and salad
Cheese / tuna / beans / coleslaw jacket potato
Brownie
Yoghurt - selection of flavours & Fruit

Contains: Celery, cereals containing gluten, eggs, fish, milk, mustard, soya, wheat
May contain: Oats, rye

Roast pork, mash, carrots, peas & gravy
Macaroni cheese with garlic bread
Knorr Cream of Chicken
Tuna / cheese / ham / egg / panini
Jelly & Fruit
Yoghurt - selection of flavours & Fruit

Contains: Barley, celery, cereals containing gluten, eggs, milk, mustard, oats, rye, soya, wheat

Harry Ramsden's fish fillet, chips & peas (mushy or garden)
Veggie pizza with chips & beans
Cheese / tuna / beans / coleslaw jacket potato
Crumble & custard
Yoghurt - selection of flavours & Fruit

Contains: Celery, cereals containing gluten, eggs, fish, milk, mustard, soya, wheat
May contain: Crustaceans, molluscs, oats, rye, sulphur dioxide & sulphites

Week three

Salmon fish fingers, sweet potato mash & beans
Quorn sausage and mash with gravy and seasonal veg
Cheese / tuna / beans / coleslaw jacket potato
Yoghurt - selection of flavours & Fruit
Fruit Lolly Ice

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, wheat
May contain: Barley, celery, oats, rye

All day breakfast - scrambled egg, bacon, sausage, hash brown and beans
Mince and mash with mixed veg
Leek & Potato
Tuna / cheese / ham / egg / filled roll
Fruit muffin
Yoghurt - selection of flavours & Fruit

Contains: Barley, celery, cereals containing gluten, eggs, fish, milk, mustard, soya, wheat
May contain: Lupin, oats, rye, sesame

Lasagne with garlic bread and salad
Chicken in blackbean sauce with rice
Cheese / tuna / beans / coleslaw jacket potato
Strawberry Mousse Break with strawberries
Yoghurt - selection of flavours & Fruit

Contains: Barley, celery, cereals containing gluten, eggs, fish, milk, mustard, sesame, soya, wheat
May contain: Oats, rye

Roast chicken, mash, stuffing, carrot, broccoli & gravy
Fishcake with pea & salad
Tomato & Basil
Tuna / cheese / ham / egg / panini
Cookie
Yoghurt - selection of flavours & Fruit

Contains: Celery, cereals containing gluten, eggs, fish, milk, mustard, oats, rye, soya, wheat
May contain: Crustaceans, molluscs, sulphur dioxide & sulphites

Harry Ramsden's fish fillet, wedges and beans
Quorn cottage pie with mixed veg
Cheese / tuna / beans / coleslaw jacket potato
Frozen Yoghurt
Yoghurt - selection of flavours & Fruit

Contains: Barley, celery, cereals containing gluten, eggs, fish, milk, mustard, oats, rye, soya, wheat
-May contain: Crustaceans, molluscs, sulphur dioxide & sulphites

Available daily: Water, milk and fruit juice.

V Vegetarian

