

Planet Friendly
Monday

- Oriental Veg Stir Fry & Egg Noodles**
Cereals containing gluten (wheat, barley), Egg
- Vegan Dippers**
Cereals containing gluten (wheat, spelt, kamut)
- Lentil Bolognese Bake**
Cereals containing gluten, Celery
may contain Cereals containing gluten (wheat)
- Mexican Bean & Salsa Wrap**
Cereals containing gluten (wheat), Milk

PUDDING

- Fruit Salad & Frozen Yoghurt (Strawberry)**
Milk
- Fresh Fruit**
Free from all 14
- Fruit Yogurt**
Milk
- Cheese and Crackers**
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

- Sweetcorn**
free from all 14
- Broccoli**
free from all 14
- Garlic Slice**
Cereals containing gluten (wheat)
may contain Milk, Soya
- Bread Selection**
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Tuesday

- Crispy Chickpeas with Curry & Rice**
Free from all 14
- Shepherd's Pie**
Free from all 14
- Golden Spanish Paella**
Free from all 14

PUDDING

- Fresh Fruit**
Free from all 14
- Apple & Pear Compote**
Free from all 14

ON THE SIDE

- Green Beans**
free from all 14
- Fresh Carrots**
free from all 14

Wednesday

- Thai Style Veggie Rice Bowl**
Free from all 14
- Garlic & Thyme Roast Chicken**
Free from all 14
- Pasta & Mixed Bean Bake (GF)**
Free from all 14

PUDDING

- Mango Jelly Pot**
Free from all 14
- Fresh Fruit**
Free from all 14

ON THE SIDE

- Fresh Seasonal Vegetables**
free from all 14
- Roast Potatoes**
free from all 14

Thursday

- Calzone Pizza Slice**
Cereals containing gluten (barley), Milk
may contain Cereals containing gluten (oats, rye), Milk
- Spinach & Feta Whirl**
Cereals containing gluten (wheat), Egg, Milk
may contain Lupin, Mustard, Soya
- Chicken & Sweetcorn Meatballs with Rice**
Free from all 14

PUDDING

- Apple & Cinnamon Crumble with Custard**
Cereals containing gluten (wheat, oats, spelt, kamut)
may contain Cereals containing gluten (barley, rye), Soya
- Fresh Fruit**
Free from all 14
- Fruit Yogurt**
Milk
- Cheese and Crackers**
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

- Mixed Vegetables**
free from all 14
- Sweetcorn**
free from all 14
- New Potatoes**
free from all 14
- Bread Selection**
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Friday

- Vegetable Keema Naan & Raita**
Cereals containing gluten (wheat, spelt, kamut), Milk, Soya
- Salmon & Sweet Potato Fishwich**
Cereals containing gluten (wheat, spelt, kamut), Egg, Fish
may contain Sesame
- BBQ Kickin' Chicken Wrap**
Cereals containing gluten (wheat)
may contain Celery, Sulphur dioxide

PUDDING

- Banana Split**
Milk
- Fresh Fruit**
Free from all 14
- Fruit Yogurt**
Milk
- Cheese and Crackers**
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

- Garden Peas**
free from all 14
- Baked Beans Side Dish**
free from all 14
- Potato Wedges**
free from all 14
- Bread Selection**
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Planet Friendly
Monday

- Cauliflower Mac & Cheese
Cereals containing gluten (wheat, spelt, kamut), Celery, Milk, Mustard
may contain Soya
- Plant Balls & Tomato Sauce & Rice
Soya
- Jacket Potato with Cheese & Beans
Milk

PUDDING

- Strawberry Mousse with Seasonal Fruit
Milk
- Fresh Fruit
Free from all 14
- Fruit Yogurt
Milk
- Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

- Sweetcorn
free from all 14
- Broccoli
free from all 14
- Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Tuesday

- Mixed Bean Stew
Free from all 14
- Mexican Salad
Free from all 14
- Jollof Rice with Lamb & Vegetables
Free from all 14

- Roast Vegetable Pasta Bake AF
Free from all 14
- Focaccia (Gluten Free)
Free from all 14

PUDDING

- Mandarin Jelly Pot
Free from all 14
- Fresh Fruit
Free from all 14

ON THE SIDE

- Fresh Carrots
free from all 14
- Green Beans
free from all 14
- Wholemeal Rice
free from all 14

Wednesday

- Creole Style Jambalaya
Free from all 14
- Greek Style Chicken Souvlaki (AF)
Free from all 14
- Cauliflower Bites
Free from all 14

PUDDING

- Fresh Fruit
Free from all 14

ON THE SIDE

- Fresh Seasonal Vegetables
free from all 14
- Roast Potatoes
free from all 14
- Savoury Rice
free from all 14

Thursday

- Banana Ketchup Curry
Free from all 14
- Coronation Quorn Wrap with Crunchy 'Slaw
Cereals containing gluten (wheat)
- Eat Curious Burger in a Bun
Cereals containing gluten (wheat, spelt, kamut)
may contain Sesame

PUDDING

- Jam & Coconut Sponge
Cereals containing gluten (wheat, spelt, kamut), Milk, Sulphur dioxide
may contain Cereals containing gluten (barley, oats, rye), Soya
- Fresh Fruit
Free from all 14
- Fruit Yogurt
Milk
- Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

- Mixed Vegetables
free from all 14
- Baked Beans Side Dish
free from all 14
- Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Friday

- Indian Style Sausage Roll
Cereals containing gluten (wheat), Soya, Sulphur dioxide
may contain Lupin, Mustard, Soya
- Fish in Batter
Cereals containing gluten (wheat), Fish
- Roast Veg Frittata
Egg, Milk

PUDDING

- Peach Melba Crunch
Cereals containing gluten (oats), Milk
- Fresh Fruit
Free from all 14
- Fruit Yogurt
Milk
- Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

- Garden Peas
free from all 14
- Sweetcorn
free from all 14
- Chips
free from all 14
- Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Planet Friendly
Monday

- Vegetable & Lentil Lasagne**
Cereals containing gluten (wheat), Milk, Mustard, Soya
may contain Egg, Mustard, Soya
- Crushed Chickpea & Sweetcorn Mayo Wrap**
Cereals containing gluten (wheat)
- Vegetable Samosa, Rice, Dhal & Raita**
Cereals containing gluten (wheat, spelt, kamut), Milk

PUDDING

- Banana Mouse with Mango & Pineapple**
Milk
- Fresh Fruit**
Free from all 14
- Fruit Yogurt**
Milk
- Cheese and Crackers**
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

- Sweetcorn**
free from all 14
- Broccoli**
free from all 14
- Garlic Slice**
Cereals containing gluten (wheat)
may contain Milk, Soya
- Bread Selection**
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Tuesday

- Coconut & Butternut Squash Curry with Rice**
Free from all 14
- Chicken & Sweetcorn Potato Bake**
Free from all 14
- Jacket Potato - Veg Chill AF**
Free from all 14

PUDDING

- Apple & Pear Compote**
Free from all 14
- Fresh Fruit**
Free from all 14

ON THE SIDE

- Green Beans**
free from all 14
- Fresh Carrots**
free from all 14

Wednesday

- Tangy Tomato Pasta Bake**
Free from all 14
- Roast Turkey**
Free from all 14
- Savoury Sausages with Mashed Potatoes**
Free from all 14

PUDDING

- Bursting Berry Jelly Pot**
Free from all 14
- Fresh Fruit**
Free from all 14

ON THE SIDE

- Fresh Seasonal Vegetables**
free from all 14
- Roast Potatoes**
free from all 14

Thursday

- Brunch Special**
Cereals containing gluten (wheat, spelt, kamut), Egg, Milk
may contain Cereals containing gluten, Milk
- Jerk Chicken with Rice & Peas**
Egg
- Jacket Potato — Tuna & Sweetcorn**
Egg, Fish

PUDDING

- Eve's Pudding**
Cereals containing gluten (wheat), Egg
may contain Soya
- Fresh Fruit**
Free from all 14
- Fruit Yogurt**
Milk
- Cheese and Crackers**
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

- Mixed Vegetables**
free from all 14
- Sweetcorn**
free from all 14
- Bread Selection**
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Friday

- Cheese & Tomato Pizza**
Cereals containing gluten (wheat, spelt, kamut), Milk
- Fish Fingers**
Cereals containing gluten (wheat), Fish
- Tandoori Chicken in Pitta with Salad**
Cereals containing gluten (wheat, spelt, kamut)
may contain Cereals containing gluten (barley), Celery, Lupin, Milk, Mustard, Soya, Sulphur dioxide

PUDDING

- Fresh Fruit with Ice Cream**
Milk
- Fresh Fruit**
Free from all 14
- Fruit Yogurt**
Milk
- Cheese and Crackers**
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

- Garden Peas**
free from all 14
- Baked Beans Side Dish**
free from all 14
- Potato Wedges**
free from all 14
- Bread Selection**
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya