Spring Term 2019

Week 1 w/c 7 th Jan, 21 st Jan, 4 th Feb, 25 th Feb, 11 th March, 25 th March									
	Monday	Tuesday	Wednesday	Thursday	Friday				
Main Meal Option 1	Cheese, Beans and Potato Puff Pie (Wheat, Gluten, Milk, Dairy)	Chargrilled Chicken Burger (Buns contain Wheat & Sesame)	Roast Beef	Chicken Tikka Masala (Celery, Mustard)	Breaded Cod Fillet (Fish, Gluten, Wheat)				
Main Meal Option 2	Quorn Sausage and Potato Pie (Wheat, Gluten, Dairy, Milk, Eggs)	Quorn Hot Dogs (Eggs & Gluten) (Buns contain Wheat & Sesame)	Quorn Fillets (Eggs, Gluten)	Quorn Tikka Masala (Eggs, Celery, Mustard)	Sweet Potato Falafel Bites				
Served with…	Carrots Broccoli Veggie Gravy	Mini Cajun Roast Potatoes Peas Sweetcorn	Roast Potatoes Yorkshire Pudding (Milk, Eggs, Gluten, Dairy) Seasonal Veg Veggie Gravy	Rice Broccoli Poppadoms Mango Chutney	Chips Garden Peas Sweetcorn				
Dessert	Banoffee Pie (Cereals, Milk, Dairy, Cereals) Fruit & Assorted Yoghurts (Milk)	Krispie Cake _(Milk, Dairy, Gluten) Fruit & Assorted Yoghurts _(Milk)	Strawberries and Cream (Milk, Dairy) Fruit & Assorted Yoghurts (Milk)	Blueberry Sponge (Cereals, Eggs, Milk, Gluten) Fruit & Assorted Yoghurts (Milk)	Vanilla and Chocolate Slice (Eggs, Dairy, Gluten, Milk) Fruit & Assorted Yoghurts (Milk)				
	Water and Fruit Juice	Water and Fruit Juice	Water and Fruit Juice	Water and Fruit Juice	Water and Fruit Juice				

Week 2 w/c 14th Jan, 28th Jan, 11th Feb, 4th March, 18th March, 1st April

<u>ITCCR Z</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Chicken and Sweetcorn Pie (Wheat, Gluten, Eggs, Celery)	Muffin Topped Winter Beef Stew (Gluten, Celery, Milk, Dairy)	Roast Chicken	Tuna Pasta Bake (Wheat, Gluten, Dairy, Milk, Fish)	Jacket Potatoes
Main Meal Option 2	Quorn and Sweetcorn Pie (Wheat, Gluten, Eggs, Celery)	Muffin Topped Vegetable Stew (Gluten, Celery, Milk, Dairy)	Quorn Fillet (Eggs)	Macaroni Cheese (Wheat, Gluten, Dairy, Milk)	Jackel Polaloes
Served with…	New Potatoes Kale Carrots Vegetarian Gravy	Peas Sweetcorn	Stuffing (Gluten) Roast Potatoes Yorkshire Puddings (Milk, Eggs, Gluten, Dairy) Seasonal Veg Veggie Gravy	Broccoli Garlic Bread (Dairy, Milk, Gluten)	Various Fillings: Cheese (Milk, Dairy) Beans Tuna Mayo (Eggs, Fish, Dairy, Milk) Ham Salad
Dessert	Chocolate Bread and Butter Pudding with Custard (Milk, Eggs, Gluten, Dairy) Fruit & Assorted Yoghurts (Milk) Water and Fruit Juice	Fresh Fruit Salad and Vanilla Ice-Cream (Dairy, Milk) Fruit & Assorted Yoghurts (Milk) Water and Fruit Juice	Strawberry Filled Jelly (Gelatine) Vanilla Ice-Cream (Dairy, Milk) Fruit & Assorted Yoghurts (Milk) Water and Fruit Juice	Banana Cake (Eggs, Milk, Dairy, Wheat, Gluten) Fruit & Assorted Yoghurts (Milk) Water and Fruit Juice	Apple and Apricot Crumble (Wheat, Gluten) Custard (Dairy, Milk) Fruit & Assorted Yoghurts (Milk) Water and Fruit Juice