

Fresh fruit & yoghurt is available with every meal!



If your child has an allergy or special dietary requirements, please inform the school and our catering team, so we can discuss their needs.



We have highlighted the 14 allergens on our menus to help you make informed decisions. Some of our recipes include 'may contain' information, but this is not included on our menus. This information is however available on our daily allergen matrix. Please contact your school cook for further information.



**V** = Vegetarian

- Celery
- Fish
- Crustaceans
- Eggs
- Cereals
- Containing Gluten
- Lupin
- Peanuts
- Soya
- Milk
- Nuts
- Sesame Seeds
- Sulphur Dioxide
- Mollusc
- Mustard

Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.

Don't forget to turn the page to see the Spring Term's upcoming promotions, a tasty recipe to make at home, and a nutritional good-to-know!



Friday	Thursday	Wednesday	Tuesday
<b>WEEK 1</b>			
Served w/c 2nd Jan, 23rd Jan, 20th Feb, 13 Mar	Served w/c 9th Jan, 30th Jan, 27th Feb, 20th Mar	Served w/c 16th Jan, 6th Feb, 6th Mar, 27th Mar	<b>WEEK 2</b>
<b>WEEK 3</b>			

**V** Pasta Parcels in a Homemade Tomato Sauce  
**V** Sticky Vegetable Noodles  
 Cauliflower & Green Beans  
 Garlic Bread  
 \*\*\*\*\*  
 Apple Crumble & Custard

**V** Vegetable Curry  
**V** Pizza  
 Pasta with Crusty Bread  
 Diced Potatoes  
 Peas & Sweetcorn  
 \*\*\*\*\*  
 Krispie Cereal Bar

**V** Farmhouse Mac & Cheese with  
 Garlic Bread  
**V** Melting Veggie Slice with 50/50 Rice  
 Broccoli & Carrots  
 \*\*\*\*\*  
 Jam Roly Poly & Custard

**V** Cheese & Onion Whirl  
 Baked Baby Potatoes  
 Peas & Sweetcorn  
 Herby Bread  
 \*\*\*\*\*  
 Orange Shortbread

**V** Cheesy Leek Croquette  
 Cauliflower & Green Beans  
 Garlic Bread  
 \*\*\*\*\*  
 Chocolate Orange Sponge & Chocolate Sauce

**V** Cheese Burger  
**V** Veggie Dog  
 Baked Potato Wedges  
 Spring Coleslaw with Cucumber Sticks  
 \*\*\*\*\*  
 Banana Brownie

**V** Sweet Potato & Spring Vegetable Bake  
 Roast Turkey & Stuffing  
 Roast Potatoes  
 Medley of Seasonal Vegetables  
 Homemade 50/50 Bread  
 \*\*\*\*\*  
 Arctic Roll & Fruit

**V** Veggie Sausages & Yorkshire Pudding  
 Sausages & Yorkshire Pudding  
 Mashied Potato  
 Medley of Seasonal Vegetables  
 Sliced Wholemeal Bread  
 \*\*\*\*\*  
 Cheese & Crackers

**V** Vegetable Cottage Pie  
 Medley of Seasonal Vegetables  
 Sliced Wholemeal Bread  
 \*\*\*\*\*  
 Marbled Sponge & Custard

**V** Cheesy Bean Enchilada  
 50/50 Rice  
 Broccoli & Carrots  
 \*\*\*\*\*  
 Cheese & Crackers

**V** Sweet Potato & Spring Vegetable  
 Curry with Homemade 50/50 Bread  
 Vegetable Rice  
 Broccoli & Carrots  
 \*\*\*\*\*  
 Apple Flapjack

**V** Vegetable Lasagne  
 Cauliflower & Green Beans  
 Naan Bread  
 \*\*\*\*\*  
 Oatie Biscuit & Cheese

**V** Veggie Burger  
 Fishwich  
 Chips  
 Crunchy Vegetable Sticks  
 \*\*\*\*\*  
 Chocolate Berry Mousse Cake

**V** Chilli Wrap  
 Fish Fingers  
 Chips  
 Baked Beans & Peas  
 Cusky Bread  
 \*\*\*\*\*  
 Lemon Drizzle Muffin

**V** Cheese & Tomato Quiche  
 Battered Fish  
 Chips  
 Peas & Sweetcorn  
 Cusky Bread  
 \*\*\*\*\*  
 Lemon & Sulphona Iced Finger

