



DF DAIRY FREE
GF GLUTEN FREE



MONDAY

Primary School Week 1 Meal Planner



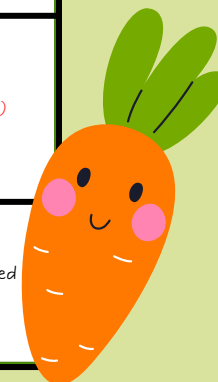
THURSDAY



FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Margherita Pizza (Wheat & Milk) -or- Pepperoni Pizza (Wheat & Milk) GF/DF option available	Pasta Bolognaise (Wheat) GF option available	Roast Gammon	Chicken & Vegetables Noodles (Egg)	GF Fish Fillet (Fish) or GF Sausages (Sulphur)
Option 2	GF Crumbed Vegetable Burger	Vegetable Enchiladas (Wheat) & Vegetable Rice	Vegetable Sausage (Wheat)	Tomato Pasta Bake (Wheat)	Salmon Fish Fingers (Fish & Wheat) or Vegan Nuggets (Wheat) (May contain eggs & Soya)
Served with	Herby mini Potatoes, Coleslaw (egg) & Peas	Corn on the Cob	Yorkshire Pudding (Wheat, Egg & Milk), Roast Potatoes, Carrots & Broccoli	Garlic Bread (Wheat & Milk) & Roasted Vegetables	Chipped Potatoes, Baked Beans or Peas & Tomato Ketchup
Dessert Jelly, Yoghurts & Fruit served daily	Pip Organic Rainbow Ice Lolly	Blueberry Crumble Muffin (Egg, Milk & Wheat)	Strawberry Pancake (Wheat) (May contain Egg & Milk) & Ice Cream (Milk)	Oaty Fruit Crunch (Wheat) & Custard (Milk)	Chocolate Brownie (Wheat & Eggs)
Cold Picnic Option Served with Vegetable Sticks, Tortilla Chips & Dessert of the day	Ham or Cheese (Milk) Tortilla Wrap (Wheat)	Cheese (Milk) or Tuna (Fish, Egg) Mayonnaise Sandwich (Wheat & Soya)	Margherita Pizza Finger (Wheat & Milk) or Ham Sandwich (Wheat & Soya)	Cheese (Milk) or Tuna (Fish & Egg) Mayonnaise Tortilla Wrap (Wheat)	Ham (Wheat) & Soya) or Cheese (Milk, Soya & Wheat) Sandwich
Jacket Potato Option Served Daily with seasonal Salad	Grated Cheese (Milk) or Baked Beans	Grated Cheese (Milk) or Tuna Mayonnaise (Fish, Egg)	Grated Cheese (Milk) or Baked Beans	Grated Cheese (Milk) or Tuna Mayonnaise (Fish & Eggs)	Grated Cheese (Milk) or Baked Beans

week commencing 02/11, 23/11, 14/12, 18/01, 08/02, 08/03





DF DAIRY FREE
GF GLUTEN FREE



MONDAY

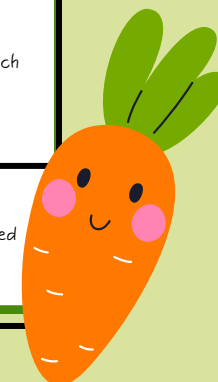
Primary School Week 2 Meal Planner



THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Margherita Pizza (Wheat & Milk) -or- Pepperoni Pizza (Wheat & Milk) Df/GF Option available	Macaroni Cheese (Wheat & Milk) DF/GF Option available	Roast Chicken	Katsu (Wheat, Egg, & Soya) Chicken Curry (Wheat)	GF Fish Fillet (Fish) or GF Sausages (Sulphur)
Option 2	Vegetable Chilli & Nachos (May contain Soya)	Stir Fried Vegetable Noodles (Egg)	Vegan Quorn Fillet (Wheat)	Breaded Vegetable fingers (Wheat) Katsu Sauce (Wheat & Soya)	Vegetable Spring Mini Rolls (Wheat & Soya)
Served with	Herby Diced Potatoes, Coleslaw (Milk) & Corn	Garlic Bread (Wheat & Milk) & Peas	Yorkshire Pudding (Wheat, Eggs & Milk), Roast Potatoes, Carrots & Green Beans	Vegetable Rice	Chipped Potatoes, Baked Beans or Peas & Tomato Ketchup
Dessert Jelly, Yoghurts & Fruit served daily	Melon Wedge & Shortbread (Wheat)	Raspberry & Apple Cake (Eggs & Wheat)	Banana Maple Muffin (Wheat, Eggs, Milk)	Toffee Cream Tart (Milk & Wheat)	Oaty Chocolate Cookie (Wheat oats)
Cold Picnic Option Served with Vegetable Sticks, Tortilla Chips & Dessert of the day	Ham or Cheese (Milk) Tortilla Wrap (Wheat)	Cheese (Milk) or Tuna Mayonnaise (Fish & Eggs) Sandwich (Wheat, Soya)	Margherita Pizza Finger (Wheat & Milk) or Ham Sandwich (Wheat, Soya)	Cheese (Milk) or Tuna (Fish & Eggs) Mayonnaise Tortilla Wrap (Wheat)	Ham or Cheese (Milk) Sandwich (Wheat & Soya)
Jacket Potato Option Served Daily with seasonal Salad	Grated Cheese (Milk) or Baked Beans	Grated Cheese (Milk) or Tuna Mayonnaise (Fish & Eggs)	Grated Cheese (Milk) or Baked Beans	Grated Cheese (Milk) or Tuna (Fish & Eggs) Mayonnaise	Grated Cheese (Milk) or Baked Beans



week commencing 09/11, 30/11, 04/01, 25/01, 22/02, 15/03



DF DAIRY FREE
GF GLUTEN FREE



MONDAY

Primary School Week 3 Meal Planner



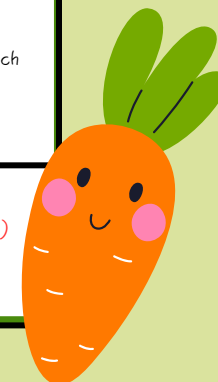
THURSDAY

FRIDAY

TUESDAY

WEDNESDAY

Main Meal	Margherita Pizza (Wheat & Milk) - Or - Pepperoni Pizza (Wheat & Milk) DF/GF Option available	Mild Beef Chilli & Nachos	Double GF Sausage (Sulphur)	Filled Chicken Pitta Pocket (Wheat)	GF Fish Fillet (Fish) or Chicken Goujons (Wheat)
Option 2	Roasted Vegetable Taco	Vegetable Chilli Nachos	Quorn Fillet	Vegetable Pasta Bake (Wheat & Milk)	Vegan Nuggets (Wheat) (May contain eggs & Soya)
Served with	Herby Diced Potatoes, Coleslaw (Eggs) & Peas	Peas & Garlic Bread (Wheat & Milk)	Yorkshire Pudding (Wheat, Milk & Eggs) Roast Potatoes, Carrots & Cabbage	Mini potato Puffs & Vegetable sticks	Chipped Potatoes, Baked Beans or Peas & Tomato Ketchup
Dessert Jelly, Yoghurts & Fruit served daily	Gingerbread People (Wheat)	Chocolate Pudding (Wheat, Eggs & Milk) & Chocolate Sauce (Milk)	Lemon & Orange Drizzle Cake (Wheat & Eggs)	Cornflake Tart (Wheat)	Vanilla Crunch (Wheat & Eggs)
Cold Picnic Option Served with Vegetable Sticks, Tortilla Chips & Dessert of the day	Ham or Cheese (Milk) Tortilla Wrap (Wheat)	Cheese (Milk) or Tuna (Fish & Eggs) Mayonnaise Sandwich (Wheat & Soya)	Margherita Pizza Finger (Wheat & Milk) or Ham Sandwich (Wheat & Soya)	Cheese (Milk) or Tuna Mayonnaise (Fish & Eggs) Tortilla Wrap (Wheat)	Ham or Cheese (Milk) Sandwich (Wheat & Soya)
Jacket Potato Option Served Daily with seasonal Salad	Grated Cheese (Milk) or Baked Beans	Grated Cheese (Milk) or Tuna Mayonnaise (Fish & Eggs)	Grated Cheese (Milk) or Baked Beans	Grated Cheese (Milk) or Tuna Mayonnaise (Fish & Eggs)	Grated Cheese (Milk) or Baked Beans



week commencing 16/11, 07/12, 11/01, 01/02, 01/03, 22/03