



Three choice menu

April 2018

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						

May 2018

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			

June 2018

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	

July 2018

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					

September 2018

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

October 2018

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				

Week One Week Two Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Week one	<p>Cheese and ham panini with wedges and salad</p> <p>✓ Quorn and leek pie with wedges, seasonal veg and gravy</p> <p>Jacket potato with cheese, beans, tuna or coleslaw filling</p> <p>Butterfly cake, yoghurt or fruit</p> <p>Contains: Milk, wheat, soya, cereals containing gluten, eggs, mustard, fish, sulphur dioxide & sulphites May contain: Rye, oats</p>	<p>Meatballs and mash with seasonal veg and gravy</p> <p>Chicken wrap with salad and coleslaw</p> <p>Knorr cream of chicken soup and a tuna, cheese, ham or egg filled roll</p> <p>Sponge and custard, yoghurt or fruit</p> <p>Contains: Milk, wheat, rye, oats, barley, mustard, eggs, cereals containing gluten, sulphur dioxide & sulphites, soya, celery, fish</p>	<p>Cheese and chorizo pizza with potato smiles and spaghetti hoops</p> <p>Chicken fajita boats</p> <p>Jacket potato with cheese, beans, tuna or coleslaw filling</p> <p>Cookie and milkshake, yoghurt or fruit</p> <p>Contains: Milk, wheat, soya, cereals containing gluten, mustard, eggs, fish May contain: Sulphur dioxide & sulphites, celery, nuts</p>	<p>Roast beef with roast potatoes, carrots, Yorkshire pudding and gravy</p> <p>Tuna and sweetcorn pasta salad</p> <p>Leek and potato soup and a tuna, cheese, ham or egg panini</p> <p>Jelly and fruit, yoghurt or fruit</p> <p>Contains: Milk, wheat, eggs, cereals containing gluten, mustard, fish, eggs, soya, cereals containing gluten</p>	<p>Fish fingers with chips and peas (mushy or garden)</p> <p>✓ Falafel wrap with chips and salad</p> <p>Jacket potato with cheese, beans, tuna or coleslaw filling</p> <p>Pancake and ice cream, yoghurt or fruit</p> <p>Contains: Milk, wheat, fish, cereals containing gluten, oats, mustard, eggs, soya May contain: Rye</p>
Week two	<p>Chicken burger with crisscuts and beans</p> <p>✓ Vegetable burger with crisscuts and beans</p> <p>Jacket potato with cheese, beans, tuna or coleslaw filling</p> <p>Flapjack, yoghurt or fruit</p> <p>Contains: Milk, wheat, soya, cereals containing gluten, mustard, eggs, fish May contain: Rye, oats, barley, sulphur dioxide & sulphites</p>	<p>Cheese and bacon quiche with new potatoes and beans</p> <p>Spaghetti bolognaise with garlic bread</p> <p>Tomato and basil soup and a tuna, cheese, ham or egg filled roll</p> <p>Arctic roll, yoghurt or fruit</p> <p>Contains: Milk, wheat, eggs, cereals containing gluten, soya, celery, mustard, fish, eggs May contain: Rye, oats</p>	<p>Chicken korma with basmati rice and naan bread</p> <p>✓ Quorn mince and mash with seasonal veg and gravy</p> <p>Jacket potato with cheese, beans, tuna or coleslaw filling</p> <p>Brownie, yoghurt or fruit</p> <p>Contains: Wheat, celery, cereals containing gluten, soya, milk, fish, mustard, eggs May contain: Rye, oats</p>	<p>Roast gammon with roast potatoes, carrots, peas and gravy</p> <p>✓ Macaroni cheese with garlic bread</p> <p>Knorr cream of chicken soup and a tuna, cheese, ham or egg panini</p> <p>Peaches and cream, yoghurt or fruit</p> <p>Contains: Milk, wheat, soya, cereals containing gluten, rye, oats, barley, eggs, celery, mustard</p>	<p>Harry Ramsden's fish fillet with chips and peas</p> <p>✓ Veggie pizza with chips and beans</p> <p>Jacket potato with cheese, beans, tuna or coleslaw filling</p> <p>Mousse, yoghurt or fruit</p> <p>Contains: Milk, wheat, fish, cereals containing gluten, soya, mustard, eggs, fish May contain: Rye, oats, sulphur dioxide & sulphites, molluscs, crustaceans</p>
Week three	<p>Salmon fish fingers with chips and beans</p> <p>✓ Quorn sausage and mash with gravy and seasonal veg</p> <p>Jacket potato with cheese, beans, tuna or coleslaw filling</p> <p>Ice cream with fruit, yoghurt or fruit</p> <p>Contains: Milk, wheat, mustard, soya, eggs, fish, cereals containing gluten May contain: Rye, oats</p>	<p>All day breakfast - scrambled egg, bacon, sausage, hash brown and beans</p> <p>✓ Quorn cottage pie</p> <p>Leek and potato soup and a tuna, cheese, ham or egg filled roll</p> <p>Strawberry mousse, yoghurt or fruit</p> <p>Contains: Milk, wheat, soya, cereals containing gluten, mustard, fish, eggs, barley, celery May contain: Rye, oats, sesame, crustaceans, lupin</p>	<p>BBQ chicken fillet with garlic and herb potatoes, salad and coleslaw</p> <p>Lasagne with garlic bread and salad</p> <p>Jacket potato with cheese, beans, tuna or coleslaw filling</p> <p>Jelly and cream, yoghurt or fruit</p> <p>Contains: Milk, wheat, soya, mustard, eggs, fish, barley, cereals containing gluten May contain: Rye, oats</p>	<p>Roast turkey with roast potatoes, stuffing, carrot, broccoli and gravy</p> <p>✓ Vegetable korma with basmati rice</p> <p>Tomato and basil soup and a tuna, cheese, ham or egg panini</p> <p>Frozen yoghurt, yoghurt or fruit</p> <p>Contains: Milk, wheat, soya, mustard, eggs, cereals containing gluten May contain: Celery, rye, oats</p>	<p>Harry Ramsden's fish fillet, wedges and beans</p> <p>✓ Cheese and onion quiche with new potatoes and sweetcorn</p> <p>Jacket potato with cheese, beans, tuna or coleslaw filling</p> <p>Cheesecake, yoghurt or fruit</p> <p>Contains: Milk, wheat, mustard, eggs, fish, cereals containing gluten, soya May contain: Sulphur dioxide & sulphites, molluscs, crustaceans</p>

✓ Vegetarian

