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WEEK 1
PRIMARY

MENU

	MONDAY 6 JANUARY	TUESDAY 7 JANUARY	WEDNESDAY 8 JANUARY	THURSDAY 9 JANUARY	FRIDAY 10 JANUARY
M MAIN	Ham and Pepper Pizza (1, 7, 8, 9)	Spaghetti Bolognaise (1)	Roast Lamb with Yorkshire Pudding (1, 7, 9)	Chicken and Sweetcorn Pie with Mashed Potato (1)	100% Cod Fish Fingers (1, 4)
V VEGGIE	Cheese and Tomato Pizza (1, 7, 8, 9)	Mixed Bean Chilli with Rice	Winter Vegetable Casserole with Dumplings (1)	Mushroom and Lentil Bake (1, 10)	Carrot and Chickpea Burger (1, 7)
P PASTA	Fresh Pesto Pasta with Roasted Vegetables (1)		Chunky Tomato Pasta (1)		Salmon Fishcake with Pesto Pasta (1, 4)
J POTATO		Filled Baked Jacket Potato Please see our blackboard for choice of toppings		Filled Baked Jacket Potato Please see our blackboard for choice of toppings	
S SIDES	Herby Potatoes, Sweetcorn and Baked Beans	Fresh Carrots and Green Beans	Roast Potatoes, Fresh Broccoli and Mashed Swede	Fresh Carrots and Savoy Cabbage	Chips, Garden Peas and Chefs Salad
D DESSERT	Peach and Apple Crumble with Custard (1, 7, 8, 9)	Blueberry Muffin (1, 7)	Banana Loaf with a Chocolate Sauce (1, 7, 8, 9)	TUTTI FRUTTI THURSDAY	Gingerbread Cookie (1)
BREAD	Caramalised Red Onion Bread (1, 8)	Garlic Bread (1, 8)	Rosemary Bread (1, 8)	Herby Bread (1, 8)	Plaited Bread (1, 8)

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN
2 CRUSTACEANS
3 MOLLUSCS
4 FISH
5 PEANUTS*
6 NUTS
7 EGGS
8 SOYBEANS
9 MILK
10 CELERY
11 MUSTARD
12 LUPIN
13 SESAME
14 SULPHUR DIOXIDE

***ALL OUR MENUS ARE TREE NUT AND PEANUT FREE**

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WEEK 2
PRIMARY

MENU

	MONDAY 13 JANUARY	TUESDAY 14 JANUARY	WEDNESDAY 15 JANUARY	THURSDAY 16 JANUARY	FRIDAY 17 JANUARY
M MAIN	Mild Chicken Curry with Rice and Poppodums	Pork Sausage Pinwheel (1, 8)	Roast Beef with Yorkshire Pudding (1, 7, 9)	SNOW AND ICE WORLD SPECIAL THEME DAY **Ice Burger** Chicken Burger with a BBQ Sauce (1, 7, 10, 14) **Icicle Fingers** Quorn Dippers with a BBQ Sauce (1, 7, 9, 14)	Bubble Coated Fish (4)
V VEGGIE	Winter Vegetable Cottage Pie	Cheese and Onion Pinwheel (1, 9)	Roasted Vegetable Tortilla Quiche (1, 7, 9)		Mixed Bean and Rice Burrito (1)
P PASTA	3 Cheese Pasta (1, 9, 11)		Mixed Pepper Pasta (1)		Tomato and Basil Pasta (1)
J POTATO		Filled Baked Jacket Potato Please see our blackboard for choice of toppings		Filled Baked Jacket Potato Please see our blackboard for choice of toppings	
S SIDES	Vegetable Bhaji and Fresh Carrots	Herby Potatoes, Fresh Broccoli and Smokey Beans	Roast Potatoes, Fresh Savoy Cabbage and Carrots	Potato Wedges, Fresh Sweetcorn and Tomato Salsa and Garden Peas	Chips, Baked Beans and Apple Coleslaw
D DESSERT	Apple and Berry Cake with Custard (1, 7, 8, 9)	TUTTI FRUTTI TUESDAY	Jam Roly Poly with Custard (1, 7, 8, 9)	Snow Flake Cookie (1)	Fruity Granola Bar (1)
BREAD	Sundried Tomato Bread (1, 8)	Sage and Apple Bread (1, 8)	Farmhouse Loaf (1, 8)	Garlic Bread (1, 8)	Black Olive Bread (1, 8)

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN	4 FISH	7 EGGS	10 CELERY	13 SESAME
2 CRUSTACEANS	5 PEANUTS*	8 SOYBEANS	11 MUSTARD	14 SULPHUR DIOXIDE
3 MOLLUSCS	6 NUTS	9 MILK	12 LUPIN	

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3 WEEK 3
PRIMARY

MENU

	MONDAY 20 JANUARY	TUESDAY 21 JANUARY	WEDNESDAY 22 JANUARY	THURSDAY 23 JANUARY	FRIDAY 24 JANUARY
M MAIN	Pork Sausage Toad in the Hole Mashed Potato and Gravy (1, 7, 8, 9)	Bolognaise Pasta Bake (1)	Roast Gammon with Pineapple	Chicken and Vegetable Spring Roll with a Prawn Cracker (1, 2, 8)	Beefburger in a Bun (1, 8, 13)
V VEGGIE	Chickpea and Sweet Potato Samosa with Rice (1)	Mixed Vegetable Moussaka (1, 9, 10)	Bean and Vegetable Goulash with Cous Cous (1)	Vegetable Spring Roll with a Prawn Cracker (1, 2, 8)	Cheese and Onion Pasty (1, 9)
P PASTA	Mac 'n' Cheese (1, 9, 11)		Roasted Vegetable Pasta (1)		Arrabiata Pasta (1)
J POTATO		Filled Baked Jacket Potato Please see our blackboard for choice of toppings		Filled Baked Jacket Potato Please see our blackboard for choice of toppings	
S SIDES	Fresh Carrots and Green Beans	Fresh Cauliflower and Garden Peas	Roast Potatoes, Fresh Broccoli and Roasted Butternut Squash	Egg Fried Rice, Fresh Stir Fry Vegetables and Pak Choi	Chips, Baked Beans and Mushy Peas
D DESSERT	Apricot Cupcake (1, 7)	TUTTI FRUTTI TUESDAY	Peach and Banana Crumble with Custard (1, 7, 8, 9)	Manadarin Sponge with Custard (1, 7, 8, 9)	Chocolate Krispie Cake (1, 9)
BREAD	Tarragon Bread (1, 8)	Garlic Bread (1, 8)	Beetroot Bread (1, 8)		Cheese and Onion Bread (1, 8)

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WEEK 4
PRIMARY

MENU

	MONDAY 27 JANUARY	TUESDAY 28 JANUARY	WEDNESDAY 29 JANUARY	THURSDAY 30 JANUARY	FRIDAY 31 JANUARY
M MAIN	Sticky BBQ Chicken with Rice (14)	Shepherds Pie (10)	Roast Chicken with Stuffing Balls (1, 7, 8, 9)	Beef Lasagne (1, 9)	Bubble Coated Fish (4)
V VEGGIE	Tagine of Beans and Winter Vegetables	Cheese and Tomato Pizza (1, 7, 8, 9)	Layered Potato and Onion Bake (1, 9)	Stir Fry Vegetables in a Pitta Bread (1)	Falafel Kebab with a Sweet Chilli Sauce
P PASTA	Macaroni Cheese (1, 9, 11)		Tuna Pasta Bake (1, 4, 9)		Chunky Tomato Pasta (1)
J POTATO		Filled Baked Jacket Potato Please see our blackboard for choice of toppings		Filled Baked Jacket Potato Please see our blackboard for choice of toppings	
S SIDES	Fresh Carrots and Green Beans	Fresh Broccoli and Coleslaw	Roast Potatoes, Fresh Mashed Swede and Garden Peas	Fresh Carrots and Sweetcorn	Chips, Baked Beans and Chefs Salad
D DESSERT	Lemon Sponge with Custard (1, 7, 8, 9)	Pineapple Upside Down Cake with Custard (1, 7, 8, 9)	Cherry Cheese Cake (1, 9)	TUTTI FRUTTI THURSDAY	Oatie Cookie (1)
BREAD	Poppy Seed Bread (1, 8)	Herby Bread (1, 8)	Black Olive Bread (1, 8)	Garlic Dough Balls (1, 8)	Cheese and Onion Bread (1, 8)

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5 WEEK 5 PRIMARY

MENU

	MONDAY 3 FEBRUARY	TUESDAY 4 FEBRUARY	WEDNESDAY 5 FEBRUARY	THURSDAY 6 FEBRUARY	FRIDAY 7 FEBRUARY
M MAIN	Chicken Fajita with Savoury Rice (1)	Pork Meatballs in a Herby Tomato Sauce with Spaghetti (1)	Roast Turkey with Yorkshire Pudding (1, 7, 8, 9)	Mild Beef Chilli with Rice and Nachos	Home Made Chicken Goujons (7)
V VEGGIE	Cheese and Onion Stuffed Jackets	Sweet and Sour Vegetables with Egg Noodles (1, 7)	Tomato and Cheese Flan (1, 7, 9)	Refried Bean Qusesadilla (1, 9)	Mixed Vegetable Pattie
P PASTA		Mac 'n' Cheese (1, 9, 11)		Mediterranean Pasta Bake (1)	
J POTATO	Filled Baked Jacket Potato Please see our blackboard for choice of toppings		Filled Baked Jacket Potato Please see our blackboard for choice of toppings		Filled Baked Jacket Potato Please see our blackboard for choice of toppings
S SIDES	Fresh Broccoli and Tomato Salsa	Fresh Carrots and Green Beans	Roast Potatoes, Garden Peas and Roast Parsnips	Roasted Butternut Squash and Sweetcorn	Chips, Baked Beans and Tomato Salsa
D DESSERT	Strawberry Muffin (1, 7)	Ginger Sponge and Custard (1, 7, 8, 9)	Apple and Cinnamon Strudel with Custard (1, 7, 8, 9)	TUTTI FRUTTI THURSDAY	Fruity Flapjack (1)
BREAD	Green Olive Bread (1, 8)	Apple and Sage Bread (1, 8)	Cranberry Bread (1, 8)	Baked Tortilla (1, 8)	Plaited Bread (1, 8)

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WEEK 6
PRIMARY

MENU

	MONDAY 10 FEBRUARY	TUESDAY 11 FEBRUARY	WEDNESDAY 12 FEBRUARY	THURSDAY 13 FEBRUARY	FRIDAY 14 FEBRUARY
M MAIN	Homemade Sausage Roll (1)	Pulled BBQ Chicken in a Pitta Bread with New Potatoes (1)	Roast Beef with Yorkshire Pudding (1, 7, 9)	Oven Baked Southern Coated Chicken (1, 9)	Fish Fingers (1, 4)
V VEGGIE	Vegetarian Sausage Roll (1, 8, 9)	Mixed Vegetable Cannelloni (1, 9)	Broccoli and Cheese Baked Potato Casserole (1, 9)	Sweet Potato and Carrot Rosti	Cheese and Tomato Baked Pitta (1, 9)
P PASTA	Fresh Pesto Pasta (1)		Roasted Vegetable Pasta (1)		Salmon and Pea Pasta (1, 4, 9, 11)
J POTATO		Filled Baked Jacket Potato Please see our blackboard for choice of toppings		Filled Baked Jacket Potato Please see our blackboard for choice of toppings	
S SIDES	Warm Potato Salad, Sweetcorn and Mixed Beans	Fresh Carrots and Green Beans	Roast Potatoes, Fresh Broccoli and Mashed Swede	Potato Wedges, Fresh Carrots and Garden Peas	Chips, Baked Beans and Mushy Peas
D DESSERT	Marble Cake with Custard (1, 7, 8, 9)	Apple and Raisin Sponge with Custard (1, 7, 8, 9, 14)	Frozen Yoghurt with Fruit Wedges (9)	TUTTI FRUTTI THURSDAY	Orange and Lemon Cupcake (1, 7)
BREAD	Herby Bread (1, 7, 8, 9)	Pesto Bread (1, 7, 8, 9)	Rosemary Bread (1, 7, 8, 9)	Poppy Seed Bread (1, 7, 8, 9)	Red Onion Bread (1, 7, 8, 9)

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