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| **WEEK 1** |
|  | **Monday**  | **Tuesday** | **Wednesday** | **Thursday (Planet Friendly!)** | **Friday** |
| ***Choice 1*** | **Pasta Bolognese** | **Beef Burger / Southern Style Chicken** | **Pork Steak Dinner** | **BBQ Chicken Pizza** | **Breaded Fish Shapes** |
| ***Allergens*** | **G SU** | **G SE / G** | **X** | **EG DA SY SU**  | **G F** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **248g** | **41.3g** | **X1 (107g) / 60g** | **28.1g/ 7.9g** | **50g** | **0g** | **158g** | **31.1g** | **X1 (50g)** | **11.5g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **380g** | **60g** | **X 1.5 (160g) / 80g** | **42g/ 9.9g** | **80g** | **0g** | **158g** | **31.1g** | **X2** | **23g** |
| ***Choice 2***  | **(v) Cheesy Pasta Bake** | **(v) Super-Hotdog** | **(v) Savoury Mince** | **(v) Cheese & Tomato Pasta Bake** | **(v) Coated Nuggets** |
| ***Allergens*** | **G DA** | **G SE SY** | **G EG** | **G DA SU** | **G** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **235g** | **38.7g** | **120g** | **28.6g** | **93g** | **3.3g** | **263g** | **43.3g** | **60g** | **5.5g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **387g** | **57g** | **180g** | **43g** | **144g** | **6g** | **394g** | **64.8g** | **80g** | **7g** |
| ***With***  | **Carrots & Peas x** | **Wedges X & Sweetcorn X** | **Yorkshire Pudding G EG DA, Roast Potato X, Carrot & Swede X, Gravy X** | **Pasta G, Broccoli & Carrots X** | **Chips X & Peas X** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **40g** | **3.3g** | **Sweetcorn 50g****Wedges 125g** | **3.8g****22.5g** | **Yorkshire P x1****Roast Potato 82g****Carrot & Swede 50g****Gravy 20g** | **5.7g****14.3g****3.1g****1g** | **Pasta 100g****Broccoli & Carrot 50g** | **36.8g****2.4g** | **Chips 85g****Peas 50g** | **19.6g****4.5g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **60g** | **4.8g** | **Sweetcorn 80g****Wedges 140g** | **6g****28g** | **Yorkshire P x1****Roast Potato 120g****Carrot & Swede 80g****Gravy 40g** | **5.7g****21g****5.5g****2g** | **Pasta 150g****Broccoli & Carrot 80g** | **55g****31.1g** | **Chips 130g****Peas 80g** | **29.9g****7g** |
| ***Choice 3*** | **Choice of Sandwich** | **Filled Jacket Potato** | **Choice of Filled Wrap** | **Filled Jacket Potato** | **(v) Choice of Sandwich** |
| ***Allergens*** | **SY G** | **X** | **G** | **X** | **SY G** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **3 Quarters** | **26g** | **228g** | **51.5g** | **X1 10” Wrap** | **30.2g** | **228g** | **51.5g** | **3 Quarters** | **26g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **5 Quarters** | **35g** | **360g** | **84.1g** | **X1.5 10” Wrap** | **45.3g** | **360g** | **84.1g** | **5 Quarters** | **35g** |
| ***Fillings*** | **Ham SU, (v) Cheese DA, Tuna Mayo EG F MU** | **(v) Sweetcorn x, (v) Cheese DA, (v) Baked Beans X, Tuna Mayo EG F MU** | **Ham SU, (v) Cheese DA, Tuna Mayo EG F MU** | **(v) Sweetcorn x, (v) Cheese DA, (v) Baked Beans X, Tuna Mayo EG F MU** | **Ham SU, (v) Cheese DA, Tuna Mayo EG F MU** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **Ham 50g****Tuna Mayo 70g****Cheese 25g** | **0.2g****1.8g****0g** | **Sweetcorn 45g****Baked Beans 60g****Tuna Mayo 70g****Cheese 25g** | **3.4g****8.1g****1.8g****0g** | **Ham 50g****Tuna Mayo 70g****Cheese 25g** | **0.2g****1.8g****0g** | **Sweetcorn 45g****Baked Beans 60g****Tuna Mayo 70g****Cheese 25g** | **3.4g****8.1g****1.8g****0g** | **Ham 50g****Tuna Mayo 70g****Cheese 25g** | **0.2g****1.8g****0g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **Ham 80g****Tuna Mayo 100g****Cheese 40g** | **0.3g****2.6g****0g** | **Sweetcorn 80g****Cheese 40g****Baked Beans 90g****Tuna Mayo 100g** | **6g****0g****12g****2.6g** | **Ham 80g****Tuna Mayo 100g****Cheese 40g** | **0.3g****2.6g****0g** | **Sweetcorn 80g****Cheese 40g****Baked Beans 90g****Tuna Mayo 100g** | **6g****0g****12g****2.6g** | **Ham 80g****Tuna Mayo 100g****Cheese 40g** | **0.3g****2.6g****0g** |
| ***Dessert*** | **Raspberry Ripple Ice-cream** | **Apple Slices & Raisins** | **Chocolate Brownie** | **Fruit Salad** | **Homemade Cookie** |
| ***Allergens*** | **DA SY** | **X** | **G EG DA** | **X** | **EG SY G** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **60g** | **12.7g** | **(75g Apple 15g Raisins)** | **19.3g** | **50g** | **30.6g** | **97g** | **9.4g** | **28g** | **16.3g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **100g** | **20g** | **(150g Apple 30g Raisins)** | **38.6g** | **50g** | **30.6g** | **97g** | **9.4g** | **28g** | **16.3g** |
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| **WEEK 2** |
|  | **Monday**  | **Tuesday** | **Wednesday** | **Thursday ((Planet Friendly!)** | **Friday** |
| ***Choice 1*** | **Ham & Sweetcorn Homemade Pizza** | **All day Breakfast** | **Chicken Dinner** | **Chicken Pie (Cooks Pick)** | **Fish Fingers** |
| ***Allergens*** | **EG DA SY SU G** | **SY SU G DA** | **X** | **SY G** | **G F** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **120g** | **29.1g** | **190g** | **21.9g** | **70g** | **0g** | **104g** | **10.5g** | **X2 (50g)** | **8.8g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **120g** | **29.1g** | **283g** | **27.2g** | **100g** | **0** | **152g** | **15.7g** | **X3** | **13.2g** |
| ***Choice 2***  | **(v) Sausage Roll** | **(v) All day Breakfast** | **(v) Quorn Dinner** | **(v) Cheese & Onion Bake** | **(v) Vegetable Fingers** |
| ***Allergens*** | **G SU** | **G EG DA SU** | **G** | **EG DA SY SU G** | **G** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **70g** | **20.3g** | **183g** | **20.9g** | **X1 (69g)** | **3.4g** | **222g** | **35.9g** | **X2 (50g)** | **12g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **140g** | **40.6g** | **283g** | **27.2g** | **X1 (69g)** | **3.4g** | **222g** | **35.9g** | **X3** | **18g** |
| ***Served with*** | **Pasta G, Broccoli & Carrots X** | **(Sausage/Quorn Sausage, Hash brown, Beans, Tomato)** | **Mash SU, Cauliflower, Carrots X & Gravy X** | **Mashed Potato SU, Seasonal vegetables X** | **Chips, Peas & Sweetcorn** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **Pasta 100g****Broccoli & Carrot 50g** | **36.8g****2.4g** |  |  | **Mash 113g****Veg 50g****Gravy 20g** | **22.4g****3g****1g** | **Mash 113g****Veg 45g** | **22.4g****2.8g** | **Chips 85g****Peas & Corn 50g** | **19.6g****4.1g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **Pasta 150g****Broccoli & Carrots 80g** | **55g****3.2g** |  |  | **Mash 220g****Veg 80g****Gravy 40g** | **35.9g****4.6g****2g** | **Mash 220g****Veg 80g** | **35.9g****4.6g** | **Chips 130g****Peas & Corn 80g** | **29.9g****7g** |
| ***Choice 3*** | **Choice of Sandwich** | **Filled Jacket Potato** | **Choice of Filled Wrap** | **Filled Jacket Potato** | **Choice of Sandwich** |
| ***Allergens*** | **SY G** | **X** | **G** | **X** | **SY G** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **3 Quarters** | **26g** | **228g** | **51.5g** | **X1 10” Wrap** | **30.2g** | **228g** | **51.5g** | **3 Quarters** | **26g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **5 Quarters** | **35g** | **360g** | **84.1g** | **X1.5 10” Wrap** | **45.3g** | **360g** | **84.1g** | **5 Quarters** | **35g** |
| ***Fillings*** | **Ham SU, (v) Cheese DA, Tuna Mayo EG F MU** | **(v) Sweetcorn x, (v) Cheese DA, (v) Baked Beans X, Tuna Mayo EG F MU** | **Ham SU, (v) Cheese DA, Tuna Mayo EG F MU** | **Chicken in Gravy, (v) Cheese DA, (v) Sweetcorn X** | **Ham SU, (v) Cheese DA, Tuna Mayo EG F MU** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **Ham 50g****Tuna Mayo 70g****Cheese 25g** | **0.2g****1.8g****0g** | **Sweetcorn 45g****Baked Beans 60g****Tuna Mayo 70g****Cheese 25g** | **3.4g****8.1g****1.8g****0g** | **Ham 50g****Tuna Mayo 70g****Cheese 25g** | **0.2g****1.8g****0g** | **Chicken in Gravy 85g****Cheese 25g****Sweetcorn 45g** | **1g****0g****3.4g** | **Ham 50g****Tuna Mayo 70g****Cheese 25g** | **0.2g****1.8g****0g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **Ham 80g****Tuna Mayo 100g****Cheese 40g** | **0.3g****2.6g****0g** | **Sweetcorn 80g****Cheese 40g****Baked Beans 90g****Tuna Mayo 100g** | **6g****0g****12g****2.6g** | **Ham 80g****Tuna Mayo 100g****Cheese 40g** | **0.3g****2.6g****0g** | **Chicken in Gravy 120g****Cheese 40g****Sweetcorn 80g** | **1.5g****0g****6g** | **Ham 80g****Tuna Mayo 100g****Cheese 40g** | **0.3g****2.6g****0g** |
| ***Dessert*** | **Fruit & Ice-cream** | **Summer Fruit Pudding** | **Cooks Muffin** | **Shortbread** | **Banana & Butterscotch Sauce** |
| ***Allergens*** | **DA SY** | **DA** | **EG SY G** | **SY G** | **DA** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **120g** | **17.8g** | **95g** | **12.4g** | **50g** | **24.5g** | **30g** | **16g** | **105g** | **27.4g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **180g** | **26g** | **95g** | **12.4g** | **50g** | **24.5g** | **30g** | **16g** | **189g** | **46.8g** |
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| **WEEK 3** |
|  | **Monday**  | **Tuesday (Planet Friendly!)** | **Wednesday** | **Thursday** | **Friday** |
| ***Choice 1*** | **Beef Hotpot** | **Pasta Bolognese** | **Sausage Dinner** | **Chicken Curry & Rice** | **Fish Fingers /Salmon Bites** |
| ***Allergens*** | **SY SU G** | **G SU** | **SY SU G** | **DA / X** |  **G F / G F** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **196g** | **24.4g** | **248g** | **41.3g** | **X1 (57g)** | **5.1g** | **Curry 150g****Rice 105g** | **6.8g****26.7g** | **Salmon Bites 60g****Fish Finger x2 (50g)** | **14.4g****13.2g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **294g** | **36.6g** | **380g** | **60g** | **X2** | **10.2g** | **Curry 225g****Rice 165g** | **10.2g****41.9g** | **Salmon Bites 80g****Fish Finger x3 (50g)** | **18g****8.8g** |
| ***Choice 2*** | **(v) Tomato & Mozzarella Panini** | **(v) Two Cheese Pizza** | **(v) Sausage Dinner** | **(v) Cheese & Bean Potato Bake**  | **(v) Battered Nuggets** |
| ***Allergens*** | **G DA SE**  | **EG DA SY SU G** | **G** | **DA** | **G** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **94g (1/2 Filled)** | **26.3g** | **90g** | **26.6g** | **X1 (50g)** | **4g** | **222g** | **35.9g** | **X3 (60g)** | **5.5g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **1 filled** | **52.6g** | **135g** | **39.9g** | **X2** | **8g** | **312g** | **45.5g** | **X4** | **6.9g** |
| ***with*** | **New Potatoes X & Broccoli X** | **Pasta G, Peas & Sweetcorn X** | **Mashed Potato SU, Seasonal Vegetables X, Gravy X** | **Seasonal Vegetables X** | **Chips X & Beans X** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **125g** | **17.9g** | **Pasta 100g****Peas & Corn 50g** | **36.8g****4.1g** | **Mash 113g****Veg 45g****Gravy 20g** | **22.4g****2.8g****1g** | **Veg 45g** | **2.8g** | **Chips 85g****Baked Beans 60g** | **19.6g****8.1g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **180g** | **27g** | **Pasta 150g****Peas & Corn 80g** | **54g****7g** | **Mash 220g****Veg 80g****Gravy 40g** | **35.9g****4.6g****2g** | **Veg 80g** | **4.6g** | **Chips 130g****Beans 90g** | **29.9g****12g** |
| ***Choice 3*** | **Choice of Sandwich** | **Filled Jacket Potato** | **Choice of Filled Wrap** | **Filled Jacket Potato** | **Choice of Sandwich** |
| ***Allergens*** | **SY G** | **X** | **G** | **X** | **SY G** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **3 Quarters** | **26g** | **228g** | **51.5g** | **X1 10” Wrap** | **30.2g** | **228g** | **51.5g** | **3 Quarters** | **26g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **5 Quarters** | **35g** | **360g** | **84.1g** | **X1.5 10” Wrap** | **45.3g** | **360g** | **84.1g** | **5 Quarters** | **35g** |
| ***Fillings*** | **Ham SU, (v) Cheese DA, Tuna Mayo EG F MU** | **Beef Bolognese SU, (v) Sweetcorn X, (v) Cheese DA, (v) Baked Beans X** | **Ham SU, (v) Cheese DA, Tuna Mayo EG F MU** | **Chicken Curry DA, (v) Cheese DA, (v) Sweetcorn X, Tuna Mayo EG F MU,**  | **Ham SU, (v) Cheese DA, Tuna Mayo EG F MU** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **Ham 50g****Tuna Mayo 70g****Cheese 25g** | **0.2g****1.8g****0g** | **Bolognese 148g****Baked Beans 60g****Cheese 25g****Sweetcorn 45g** | **4.5g****8.1g****0g****3.4g** | **Ham 50g****Tuna Mayo 70g****Cheese 25g** | **0.2g****1.8g****0g** | **Chicken Curry 150g****Cheese 25g****Tuna Mayo 70g****Sweetcorn 45g** | **6.8g****0g****1.8g****3.4g** | **Ham 50g****Tuna Mayo 70g****Cheese 25g** | **0.2g****1.8g****0g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **Ham 80g****Tuna Mayo 100g****Cheese 40g** | **0.3g****2.6g****0g** | **Cheese 40g****Sweetcorn 80g****Baked Beans 90g****Bolognese 222g** | **0g****6g****12g****6.8g** | **Ham 80g****Tuna Mayo 100g****Cheese 40g** | **0.3g****2.6g****0g** | **Chicken Curry 225g****Cheese 40g****Tuna Mayo 100g****Sweetcorn 80g** | **10.2g****0g****2.6g****6g** | **Ham 80g****Tuna Mayo 100g****Cheese 40g** | **0.3g****2.6g****0g** |
| ***Dessert*** | **Ice-Cream with Summer Berry sauce** | **Homemade Flapjack** | **Banana & Raisins** | **Cooks Muffin** | **Fruit & Jelly** |
| ***Allergens*** | **DA SY** | **G** | **X** | **EG SY G** | **X** |
| ***Age 4 – 10 Portion Size / Carb Information*** | **Ice-cream 70g****Berry S 13g** | **16.5g** | **30g** | **16.8g** | **90g** | **25.6g** | **50g** | **24.5g** | **100g Jelly 50g Orange** | **21.6g** |
| ***Age 11 -18 Portion Size / Carb Information*** | **Ice-cream 100g****Berry s 26g** | **25g** | **30g** | **16.8g** | **180g** | **51.2g** | **50g** | **24.5g** |  |  |

**ALLERGEN KEY: (G-Gluten/Cereals containing Gluten)(SE-Sesame)(SU-Sulphites)(DA- Dairy/Milk Products)(SY-Soya)(EG-Egg)(F-Fish)(MU-Mustard)(CE-Celery)(NU-Tree nuts & “Ground nuts” such as peanuts)(MO-Molluscs)(CR-Crustaceans)(LU-Lupin**)

**Salad Bar Items**

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| --- | --- | --- |
| **Item** | **Portion Size** | **Carbs** |
| Carrot | 10g | 0.8g |
| Cucumber | 10g | 0.1g |
| Tomatoes | 10g | 0.4g |
| Lettuce | 10g | 0.1g |
| Apple | 10g | 1.1g |
| Orange | 50g | 4.5g |
| Coleslaw | 20g | 0.9g |
| Raisins | 10g | 6.9g |
| Plain Pasta (cooked) | 105g | 17g |
| Sliced Bread  | Per ½ Slice (17g) | 7g |