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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**

|  |  |  |
| --- | --- | --- |
| **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 |