



Three choice menu

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				

November 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		

December 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						

January 2019

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			

February 2019

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			

March 2019

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

Week one

- Spaghetti bolognese with garlic bread
- Burger with croquettes and spaghetti hoops

Jacket potato with cheese, beans, tuna or coleslaw filling

Pancake and ice cream, fruit or yoghurt

Contains: Wheat, cereals containing gluten, milk, eggs, soya, mustard, fish
May contain: Rye, oats, barley

Tuesday

All day breakfast - scrambled egg, bacon, sausage, hash brown and beans

- Cheese and onion quiche with garlic and herb potatoes and beans

Knorr cream of chicken soup
Tuna, cheese, ham or egg roll

Bananas and custard, fruit or yoghurt

Contains: Wheat, milk, eggs, cereals containing gluten, soya, rye, oats, barley, celery, mustard, fish
May contain: Lupin

Wednesday

Chicken korma with rice and naan bread

- Cottage pie with sweetcorn

Jacket potato with cheese, beans, tuna or coleslaw filling

Apple crumble and custard, fruit or yoghurt

Contains: Wheat, barley, soya, milk, fish, eggs, cereals containing gluten, celery, mustard, sulphur dioxide and sulphites
May contain: Rye, oats, sesame, crustaceans

Thursday

Roast beef with roast potatoes, carrots, Yorkshire pudding and gravy

- Roasted veg enchiladas

Tomato and basil soup
Tuna, cheese, ham or egg panini

Arctic roll, fruit or yoghurt

Contains: Wheat, milk, eggs, cereals containing gluten, rye, oats, barley, celery, soya, mustard

Friday

Harry Ramsden's fish fillet with chips and peas

- Falafel wrap with chips and salad

Jacket potato with cheese, beans, tuna or coleslaw filling

Bakewell tart, fruit or yoghurt

Contains: Wheat, oats, mustard, milk, eggs, cereals containing gluten, fish, mustard, soya
May contain: Rye, sulphur dioxide and sulphites, molluscs, crustaceans

Week two

- Mince and mash with mixed veg
- Sausage and mash with mixed veg

Jacket potato with cheese, beans, tuna or coleslaw filling

Mousse, fruit or yoghurt

Contains: Milk, wheat, soya, eggs, cereals containing gluten, mustard, fish
May contain: Rye, oats

Cheese and chorizo pizza with sweet potato waffles and beans

- Veggie pasta bake with garlic bread

Leek and potato soup
Tuna, cheese, ham or egg sandwich

Muffin, fruit or yoghurt

Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, celery
May contain: Sulphur dioxide and sulphites, rye, oats

Scouse with crusty bread and red cabbage or beetroot

- Meatballs and pasta with garlic bread

Jacket potato with cheese, beans, tuna or coleslaw filling

Brownie, fruit or yoghurt

Contains: Wheat, cereals containing gluten, milk, eggs, mustard, fish
May contain: Nuts, rye, oats, sesame, soya

Roast chicken with roast potatoes, stuffing, carrot, broccoli and gravy

- Roasted veg fajita wrap

Knorr cream of chicken soup
Tuna, cheese, ham or egg filled roll

Cookie and milkshake, fruit or yoghurt

Contains: Wheat, soya, mustard, milk, eggs, cereals containing gluten, rye, oats, barley, celery

BBQ fish goujons with chips and beans

- Spanish omelette with chips and beans

Jacket potato with cheese, beans, tuna or coleslaw filling

Sponge and custard, fruit or yoghurt

Contains: Milk, wheat, sulphur dioxide and sulphites, soya, eggs, cereals containing gluten, fish, mustard

Week three

- Curry with rice and naan bread
- Lasagne with garlic bread

Jacket potato with cheese, beans, tuna or coleslaw filling

Flapjack, fruit or yoghurt

Contains: Wheat, milk, cereals containing gluten, barley, soya, mustard, eggs, fish
May contain: Rye, oats, celery, sulphur dioxide and sulphites

Fish burger with chips and salad

- Cheesy veg pie with peas and sweetcorn

Tomato and basil soup
Tuna, cheese, ham or egg panini

Jam sponge and custard, fruit or yoghurt

Contains: Wheat, soya, cereals containing gluten, fish, milk, celery, mustard, eggs, sulphur dioxide and sulphites

BBQ chicken wrap with potato smiles and salad

- Roasted veg pizza with potato smiles and beans

Jacket potato with cheese, beans, tuna or coleslaw filling

Rice pudding, fruit or yoghurt

Contains: Wheat, rye, oats, barley, cereals containing gluten, milk, mustard, eggs, fish
May contain: Celery, sulphur dioxide and sulphites, nuts

Roast gammon with roast potatoes, carrots, peas and gravy

- Mac and cheese with garlic bread

Leek and potato soup
Tuna, cheese, ham or egg sandwich

Jelly and fruit, fruit or yoghurt

Contains: Wheat, cereals containing gluten, soya, milk, celery, mustard, eggs
May contain: Rye, oats

Harry Ramsden's fish fillet with herby potatoes and peas

- Chilli and rice

Jacket potato with cheese, beans, tuna or coleslaw filling

Manchester tart, fruit or yoghurt

Contains: Wheat, milk, fish, cereals containing gluten, soya, eggs, mustard
May contain: Rye, oats, sulphur dioxide and sulphites, molluscs, crustaceans

Available daily: Fresh fruit, yoghurt, water, milk and fruit juice.

Vegetarian

