

**ALLERGY INFORMATION:** If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Week 1

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feeding the imagination

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix Scrambled eggs Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes Wholemeal Toast Fresh Fruit
Main Course	Chilli Con Carne Vegetable Chilli 50 /50 Rice Sweetcorn	Chicken & Tomato Pasta Tomato & Vegetable Pasta Green Beans Ratatouille	Roast Turkey Roast Quorn Fillet Skin on Roast Potatoes Sliced Carrots Cauliflower	Soya Bolognaise with Spaghetti Roasted Peppers & Courgettes	MSC Salmon Fish Fingers Cheese & Onion Quiche Sweet Potato Wedges Baked Beans & Peas
Dessert	Peaches & Custard Natural Yoghurt	Plum Crumble Sliced Melon	Flavoured Natural Yoghurt Fresh Fruit	Cocoa Banana Oaty Square Natural Yoghurt	Vanilla Flavoured Natural Yoghurt Fresh Fruit
Tea	Butter Bean & Vegetable Soup Wholemeal Bread Fresh Fruit	Vegetable Noodles with extra Florets Fresh Fruit	Vegetable Pancake Fresh Fruit	Lentil and Red Pepper Dhal with 50/50 Rice Fresh Fruit	Jacket Potatoes & Cheese Assorted Sandwiches Fresh Fruit

All desserts and yoghurts are produced to low sugar recipes

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## Week 2

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix Scrambled eggs Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes Wholemeal Toast Fresh Fruit
Main Course	Turkey Meatballs Vegetable & Chickpea Arrabiata Rice Mixed Florets	50% Plant Based Beef Lasagne Vegetarian Lasagne Carrots and Broccoli	Roast Chicken Vegetarian Sausages New Potatoes Cabbage & Cauliflower Gravy	Sweet & Sour Noodles Sweetcorn & Peppers	MSC Poached Mediterranean Fish Red Pepper Frittata Chipped Potatoes Baked Beans & Peas
Dessert	Natural Yoghurt Apple Strudel & Custard	Mandarin Cheesecake Fresh Fruit	Fresh Fruit Natural Yogurt	Mixed Fruit Crumble & Custard Fresh Fruit	Flavoured Yogurt Fresh Fruit
Tea	Jacket Sweet Potatoes Baked Beans & Baby leaves Salad Fresh Fruit	Jollof Rice Mixed Salad Fresh Fruit	Moroccan Chickpea and Tomato Soup Wholemeal Bread Fresh Fruit	Vegetable & Bean Pasta Sweetcorn Fresh Fruit	Assorted Sandwiches Crudities Fresh Fruit

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Week 3

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix Scrambled Egg Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Porridge Wholemeal Toast Fresh Fruit	Cornflakes, Weetabix, Pancakes Wholemeal Toast Fresh Fruit
Main Course	Stir Fry Noodles Peas & Sweetcorn	Chicken Tikka Masala 50% Plant Based 50/50 Rice Lentil & Sweet Potato Curry Broccoli & Cauliflower	Roast Turkey Lentil & Tomato Swirl Roast Potatoes Seasonal Vegetables Gravy	Moroccan Meatballs with Cous Cous Chickpea Apricot Tagine with Cous Cous Vegetable Medley Peppers	MSC Breaded Fish Spanish Omelette Chipped potatoes Baked Beans & Peas
Dessert	Fruit Crumble & Custard Fresh Fruit	Natural Yoghurt Fresh Fruit	Rice Pudding Mixed Berries	Chocolate & Orange Brownie Slice Fresh Fruit	Apple Crumble & Custard Fresh Fruit
Tea	Egg Noodles with chick Peas and Fresh Tomatoes Fresh Fruit	Butternut Squash & Lentil Soup Wholemeal Bread Fresh Fruit	Jamaican 50 /50 Rice With Beans and Peas	Wholemeal Toast With Baked Beans & Mixed Peppers Fresh Fruit	Assorted Sandwiches Crudities Fresh Fruit

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