

Menu A	Item 1	Item 2	Item 3	
Monday	Ham & Pineapple Pizza (D) (G) (T)	Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Apricots & Pears
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake (D) (G) (PU)	Penne pasta, chicken, butternut squash, peas, bechamel, garlic, onion, basil, smoked paprika & cheese	Not Applicable	Melon Slices
Wednesday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices
Thursday	Winter Beef & Potato Stew (PU) (T)	Diced beef, potato, garlic, leeks, tomato, peppers, onion, carrot, rosemary, gravy, coriander, chickpeas & rice flour	Not Applicable	Strawberry Yoghurt (D)
Friday	Sweet & Sour Chicken Noodles (G) (SD) (T)	Wholewheat noodles, chicken, onion, garlic, carrot, peppers, vinegar, pineapple, coriander, ginger, cumin, tomato & cornflour	Not Applicable	Apple & Ginger Cookie (D) (E) (G)

Menu B	Item 1	Item 2	Item 3	
Monday	Beef Meatball Pasta Bake (D) (G) (PU) (S) (SD) (T)	Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, pasta & cheese	Not Applicable	Rhubarb & Apple Yoghurt (D)
Tuesday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Cranberry Cereal Slice (G) (SD)
Wednesday	Bean & Cheese Fajita (D) (PU) (T)	Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Winter Berry Yoghurt (D)
Thursday	Chicken, Tomato & Mozzarella Pasta Bake (D) (G) (T)	Penne pasta, chicken, bechamel, mozzarella, tomato, garlic, onion, basil & grated cheese	Not Applicable	Melon Slices
Friday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Macaroni Cheese (D) (G) (PU)	Pasta, bechamel, onion, garlic, yellow split peas, butternut squash, cheddar cheese, turmeric & stock	Not Applicable	Pineapple Yoghurt (D)
Tuesday	Chicken & Cheese Fajita (D) (T)	Sliced chicken, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Mixed Berry Flapjack (G) (SD)
Wednesday	Vegetable Chilli (PU) (SD) (T)	Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	Jacket Potato	Blackcurrant Yoghurt (D)
Thursday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (PU) (T)	Tuna, penne pasta, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Orange Slices
Friday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Melon Slices

**C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato**
 Our kitchen does not handle peanuts, tree nuts, sesame seeds, mustard, lupin, crustacea and molluscs. Please refer to our Allergy Policy for further information about allergens.

HOT Tea Menu

Autumn/Winter 2023/24

VA Vegan	V Vegetarian	T Tomato	SD Suphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries																	
Monday	Ham & Pineapple Pizza			●	●			●							●			●	●
	Not Applicable																		
	Apricots & Pears			●														●	●
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake			●	●			●										●	●
	Not Applicable																		
	Melon Slices			●														●	●
Wednesday	Cheesy Baked Beans			●	●													●	●
	Jacket Potato																	●	●
	Orange Slices			●														●	●
Thursday	Winter Beef & Potato Stew	●		●														●	●
	Not Applicable																		
	Strawberry Yoghurt			●	●													●	●
Friday	Sweet & Sour Chicken Noodles			●				●										●	●
	Not Applicable																		
	Apple & Ginger Cookie			●	●	●		●										●	●

Menu B	Dish	Dietaries																	
Monday	Beef Meatball Pasta Bake	●		●	●			●							●	●		●	●
	Not Applicable																		
	Rhubarb & Apple Yoghurt			●	●													●	●
Tuesday	Chicken & Roasted Vegetable Pizza			●	●			●										●	●
	Not Applicable																		
	Cranberry Cereal Slice			●				●										●	●
Wednesday	Bean & Cheese Fajita			●	●													●	●
	Soft Flour Tortilla							●										●	●
	Winter Berry Yoghurt			●	●													●	●
Thursday	Chicken, Tomato & Mozzarella Pasta Bake			●	●			●										●	●
	Not Applicable																		
	Melon Slices			●														●	●
Friday	Cheesy Baked Beans			●	●													●	●
	Jacket Potato																	●	●
	Orange Slices			●														●	●

Menu C	Dish	Dietaries																	
Monday	Macaroni Cheese			●	●			●										●	●
	Not Applicable																		
	Pineapple Yoghurt			●	●													●	●
Tuesday	Chicken & Cheese Fajita			●	●													●	●
	Soft Flour Tortilla							●										●	●
	Mixed Berry Flapjack			●				●										●	●
Wednesday	Vegetable Chilli			●														●	●
	Jacket Potato																	●	●
	Blackcurrant Yoghurt			●	●													●	●
Thursday	Tuna & Sweetcorn Pasta Bake			●	●			●										●	●
	Not Applicable																		
	Orange Slices			●														●	●
Friday	Chicken & Roasted Vegetable Pizza			●	●			●										●	●
	Not Applicable																		
	Melon Slices			●														●	●

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Menu A	Item 1	Item 2	Item 3
Monday	Cheese & Pineapple Pizza (D) (G) (T) Pizza base, tomato sauce, herbs, cheddar, mozzarella & pineapple	Not Applicable	Apricots & Pears
Tuesday	Halal Chicken, Pea & Basil Carbonara Pasta Bake (D) (G) (PU) Penne pasta, halal chicken, butternut squash, peas, bechamel, garlic, onion, basil, smoked paprika & cheese	Not Applicable	Melon Slices
Wednesday	Cheesy Baked Beans (D) (PU) (T) Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices
Thursday	Winter Halal Chicken & Potato Stew (PU) (T) Halal chicken, potato, garlic, leeks, tomato, peppers, onion, carrot, rosemary, gravy, coriander, chickpeas & rice flour	Not Applicable	Strawberry Yoghurt (D)
Friday	Sweet & Sour Halal Chicken Noodles (G) (SD) (T) Wholewheat noodles, halal chicken, onion, garlic, carrot, peppers, vinegar, pineapple, coriander, ginger, cumin, tomato & cornflour	Not Applicable	Apple & Ginger Cookie (D) (E) (G)

Menu B	Item 1	Item 2	Item 3
Monday	Halal Chicken Pasta Bake (D) (G) (PU) (SD) (T) Halal chicken, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, pasta & cheese	Not Applicable	Rhubarb & Apple Yoghurt (D)
Tuesday	Halal Chicken & Roasted Vegetable Pizza (D) (G) (T) Wholemeal pizza base, pizza sauce, roasted vegetables, diced halal chicken, cheese	Not Applicable	Cranberry Cereal Slice (G) (SD)
Wednesday	Bean & Cheese Fajita (D) (PU) (T) Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Winter Berry Yoghurt (D)
Thursday	Halal Chicken, Tomato & Mozzarella Pasta Bake (D) (G) (T) Penne pasta, halal chicken, bechamel, mozzarella, tomato, garlic, onion, basil & grated cheese	Not Applicable	Melon Slices
Friday	Cheesy Baked Beans (D) (PU) (T) Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Macaroni Cheese (D) (G) (PU) Pasta, bechamel, onion, garlic, yellow split peas, butternut squash, cheddar cheese, turmeric & stock	Not Applicable	Pineapple Yoghurt (D)
Tuesday	Halal Chicken & Cheese Fajita (D) (T) Sliced halal chicken, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Mixed Berry Flapjack (G) (SD)
Wednesday	Vegetable Chilli (PU) (SD) (T) Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	Jacket Potato	Blackcurrant Yoghurt (D)
Thursday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (PU) (T) Tuna, penne pasta, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Orange Slices
Friday	Halal Chicken & Roasted Vegetable Pizza (D) (G) (T) Wholemeal pizza base, pizza sauce, roasted vegetables, diced halal chicken, cheese	Not Applicable	Melon Slices

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Menu A	Item 1	Item 2	Item 3
Monday	Cheese & Pineapple Pizza (D) (G) (T) Pizza base, tomato sauce, herbs, cheddar, mozzarella & pineapple	Not Applicable	Apricots & Pears
Tuesday	Pea & Basil Carbonara Pasta Bake (D) (G) (PU) Penne pasta, butternut squash, peas, bechamel, garlic, onion, basil, smoked paprika & cheese	Not Applicable	Melon Slices
Wednesday	Cheesy Baked Beans (D) (PU) (T) Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices
Thursday	Winter Vegetable & Potato Stew (PU) (T) Potato, tomato, garlic, leeks, peppers, onion, carrot, rosemary, gravy, coriander, chickpeas & rice flour	Not Applicable	Strawberry Yoghurt (D)
Friday	Sweet & Sour Quorn Vegan Noodles (G) (PU) (SD) (T) Wholewheat noodles, quorn vegan pieces, onion, garlic, carrot, peppers, vinegar, pineapple, coriander, ginger, cumin, tomato & cornflour	Not Applicable	Apple & Ginger Cookie (D) (E) (G)

Menu B	Item 1	Item 2	Item 3
Monday	Quorn Vegan Pieces Pasta Bake (D) (G) (PU) (SD) (T) Quorn vegan pieces, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, pasta & cheese	Not Applicable	Rhubarb & Apple Yoghurt (D)
Tuesday	Roasted Vegetable Pizza (D) (G) (T) Wholemeal pizza base, pizza sauce, roasted vegetables, cheese	Not Applicable	Cranberry Cereal Slice (G) (SD)
Wednesday	Bean & Cheese Fajita (D) (PU) (T) Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Winter Berry Yoghurt (D)
Thursday	Lentil, Tomato & Mozzarella Pasta Bake (D) (G) (PU) (T) Penne pasta, lentils, bechamel, mozzarella, tomato, garlic, onion, basil & grated cheese	Not Applicable	Melon Slices
Friday	Cheesy Baked Beans (D) (PU) (T) Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Macaroni Cheese (D) (G) (PU) Pasta, bechamel, onion, garlic, yellow split peas, butternut squash, cheddar cheese, turmeric & stock	Not Applicable	Pineapple Yoghurt (D)
Tuesday	Bean & Cheese Fajita (D) (PU) (T) Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Mixed Berry Flapjack (G) (SD)
Wednesday	Vegetable Chilli (PU) (SD) (T) Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	Jacket Potato	Blackcurrant Yoghurt (D)
Thursday	Lentil & Sweetcorn Pasta Bake (D) (G) (PU) (T) Penne pasta, lentils, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Orange Slices
Friday	Roasted Vegetable Pizza (D) (G) (T) Wholemeal pizza base, pizza sauce, roasted vegetables, cheese	Not Applicable	Melon Slices

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Menu A	Item 1	Item 2	Item 3	
Monday	Dairy Free Cheese & Pineapple Pizza (G) (T)	Pizza base, tomato sauce, herbs, dairy free cheese & pineapple	Not Applicable	Apricots & Pears
Tuesday	Pea & Basil Carbonara Pasta Bake (Dairy Free) (G) (PU)	Penne pasta, butternut squash, peas, dairy free bechamel, garlic, onion, basil, smoked paprika	Not Applicable	Melon Slices
Wednesday	Dairy Free Cheesy Baked Beans (PU) (T)	Baked beans in tomato sauce, dairy free cheese	Jacket Potato	Orange Slices
Thursday	Winter Vegetable & Potato Stew (PU) (T)	Potato, tomato, garlic, leeks, peppers, onion, carrot, rosemary, gravy, coriander, chickpeas & rice flour	Not Applicable	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Friday	Sweet & Sour Quorn Vegan Noodles (G) (PU) (SD) (T)	Wholewheat noodles, quorn vegan pieces, onion, garlic, carrot, peppers, vinegar, pineapple, coriander, ginger, cumin, tomato & cornflour	Not Applicable	Plain Flapjack (Gluten Free)

Menu B	Item 1	Item 2	Item 3	
Monday	Quorn Vegan Pieces Pasta Bake (Dairy Free) (G) (PU) (SD) (T)	Quorn vegan pieces, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, pasta	Not Applicable	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Tuesday	Roasted Vegetable Pizza (Dairy Free) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, dairy free cheese	Not Applicable	Cranberry Cereal Slice (G) (SD)
Wednesday	Bean & Dairy Free Cheese Fajita (PU) (T)	Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & dairy free cheese	Soft Flour Tortilla (G)	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Thursday	Lentil, Tomato & Mozzarella Pasta Bake (Dairy Free) (G) (PU) (T)	Penne pasta, lentils, tomato, garlic, onion, basil & dairy free cheese	Not Applicable	Melon Slices
Friday	Dairy Free Cheesy Baked Beans (PU) (T)	Baked beans in tomato sauce, dairy free cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Macaroni Cheese (Dairy Free) (G) (PU)	Pasta, dairy free bechamel, dairy free cheese, onion, garlic, yellow split peas, butternut squash, turmeric & stock	Not Applicable	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Tuesday	Bean & Dairy Free Cheese Fajita (PU) (T)	Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & dairy free cheese	Soft Flour Tortilla (G)	Mixed Berry Flapjack (G) (SD)
Wednesday	Vegetable Chilli (PU) (SD) (T)	Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	Jacket Potato	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Thursday	Lentil & Sweetcorn Pasta Bake (Dairy Free) (G) (PU) (T)	Penne pasta, lentils, dairy free cheese, tomato, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Orange Slices
Friday	Roasted Vegetable Pizza (Dairy Free) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, dairy free cheese	Not Applicable	Melon Slices

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Menu A	Item 1	Item 2	Item 3	
Monday	Ham & Pineapple Pizza (D) (G) (T)	Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Apricots & Pears
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake (D) (G) (PU)	Penne pasta, chicken, butternut squash, peas, bechamel, garlic, onion, basil, smoked paprika & cheese	Not Applicable	Melon Slices
Wednesday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices
Thursday	Winter Beef & Potato Stew (PU) (T)	Diced beef, potato, garlic, leeks, tomato, peppers, onion, carrot, rosemary, gravy, coriander, chickpeas & rice flour	Not Applicable	Strawberry Yoghurt (D)
Friday	Sweet & Sour Chicken Noodles (G) (SD) (T)	Wholewheat noodles, chicken, onion, garlic, carrot, peppers, vinegar, pineapple, coriander, ginger, cumin, tomato & cornflour	Not Applicable	Apple & Ginger Cookie (D) (E) (G)

Menu B	Item 1	Item 2	Item 3	
Monday	Beef Meatball Pasta Bake (D) (G) (PU) (S) (SD) (T)	Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, pasta & cheese	Not Applicable	Rhubarb & Apple Yoghurt (D)
Tuesday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Cranberry Cereal Slice (G) (SD)
Wednesday	Bean & Cheese Fajita (D) (PU) (T)	Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Winter Berry Yoghurt (D)
Thursday	Chicken, Tomato & Mozzarella Pasta Bake (D) (G) (T)	Penne pasta, chicken, bechamel, mozzarella, tomato, garlic, onion, basil & grated cheese	Not Applicable	Melon Slices
Friday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Macaroni Cheese (D) (G) (PU)	Pasta, bechamel, onion, garlic, yellow split peas, butternut squash, cheddar cheese, turmeric & stock	Not Applicable	Pineapple Yoghurt (D)
Tuesday	Chicken & Cheese Fajita (D) (T)	Sliced chicken, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Mixed Berry Flapjack (G) (SD)
Wednesday	Vegetable Chilli (PU) (SD) (T)	Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	Jacket Potato	Blackcurrant Yoghurt (D)
Thursday	Lentil & Sweetcorn Pasta Bake (D) (G) (PU) (T)	Penne pasta, lentils, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Orange Slices
Friday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Melon Slices

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Menu A	Item 1	Item 2	Item 3
Monday	Ham & Pineapple Dairy Free Pizza (G) (T) Pizza base, tomato sauce, herbs, dairy free cheese, ham & pineapple	Not Applicable	Apricots & Pears
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake (Dairy Free) (G) (PU) Penne pasta, chicken, butternut squash, peas, dairy free bechamel, garlic, onion, basil, smoked paprika	Not Applicable	Melon Slices
Wednesday	Dairy Free Cheesy Baked Beans (PU) (T) Baked beans in tomato sauce, dairy free cheese	Jacket Potato	Orange Slices
Thursday	Winter Beef & Potato Stew (PU) (T) Diced beef, potato, garlic, leeks, tomato, peppers, onion, carrot, rosemary, gravy, coriander, chickpeas & rice flour	Not Applicable	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Friday	Sweet & Sour Chicken Noodles (G) (SD) (T) Wholewheat noodles, chicken, onion, garlic, carrot, peppers, vinegar, pineapple, coriander, ginger, cumin, tomato & cornflour	Not Applicable	Plain Flapjack (Gluten Free)

Menu B	Item 1	Item 2	Item 3
Monday	Beef Meatball Pasta Bake (Dairy Free) (G) (PU) (S) (SD) (T) Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, pasta	Not Applicable	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Tuesday	Chicken & Roasted Vegetable Pizza (Dairy Free) (G) (T) Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, dairy free cheese	Not Applicable	Cranberry Cereal Slice (G) (SD)
Wednesday	Bean & Dairy Free Cheese Fajita (PU) (T) Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & dairy free cheese	Soft Flour Tortilla (G)	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Thursday	Chicken & Tomato Pasta Bake (Dairy Free) (G) (T) Penne pasta, chicken, tomato, garlic, onion, basil & dairy free cheese	Not Applicable	Melon Slices
Friday	Dairy Free Cheesy Baked Beans (PU) (T) Baked beans in tomato sauce, dairy free cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3
Monday	Macaroni Cheese (Dairy Free) (G) (PU) Pasta, dairy free bechamel, dairy free cheese, onion, garlic, yellow split peas, butternut squash, turmeric & stock	Not Applicable	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Tuesday	Chicken & Dairy Free Cheese Fajita (T) Sliced chicken, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & dairy free cheese	Soft Flour Tortilla (G)	Mixed Berry Flapjack (G) (SD)
Wednesday	Vegetable Chilli (PU) (SD) (T) Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	Jacket Potato	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)
Thursday	Tuna & Sweetcorn Dairy Free Pasta Bake (F) (G) (PU) (T) Tuna, penne pasta, tomato, garlic, butternut, sweetcorn, onion, basil, dairy free cheese & rapeseed oil	Not Applicable	Orange Slices
Friday	Chicken & Roasted Vegetable Pizza (Dairy Free) (G) (T) Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, dairy free cheese	Not Applicable	Melon Slices

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D DAIRY FREE HOT TEA MENU

Autumn/Winter 2023/24

VA Vegan	V Vegetarian	T Tomato	SD Suphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries															
Monday	Ham & Pineapple Dairy Free Pizza			●				●							●	●	●
	Not Applicable																
	Apricots & Pears			●												●	●
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake (Dairy Free)			●				●								●	●
	Not Applicable																
	Melon Slices			●												●	●
Wednesday	Dairy Free Cheesy Baked Beans			●											●	●	●
	Jacket Potato															●	●
	Orange Slices			●												●	●
Thursday	Winter Beef & Potato Stew	●		●											●	●	●
	Not Applicable																
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●												●	●
Friday	Sweet & Sour Chicken Noodles			●				●							●	●	●
	Not Applicable																
	Plain Flapjack (Gluten Free)															●	●

Menu B	Dish	Dietaries															
Monday	Beef Meatball Pasta Bake (Dairy Free)	●		●				●						●	●	●	●
	Not Applicable																
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●												●	●
Tuesday	Chicken & Roasted Vegetable Pizza (Dairy Free)			●				●							●	●	●
	Not Applicable																
	Cranberry Cereal Slice			●				●							●	●	●
Wednesday	Bean & Dairy Free Cheese Fajita			●											●	●	●
	Soft Flour Tortilla							●								●	●
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●												●	●
Thursday	Chicken & Tomato Pasta Bake (Dairy Free)			●				●							●	●	●
	Not Applicable																
	Melon Slices			●												●	●
Friday	Dairy Free Cheesy Baked Beans			●											●	●	●
	Jacket Potato															●	●
	Orange Slices			●												●	●

Menu C	Dish	Dietaries															
Monday	Macaroni Cheese (Dairy Free)			●				●						●	●	●	●
	Not Applicable																
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●												●	●
Tuesday	Chicken & Dairy Free Cheese Fajita			●											●	●	●
	Soft Flour Tortilla							●								●	●
	Mixed Berry Flapjack			●				●							●	●	●
Wednesday	Vegetable Chilli			●											●	●	●
	Jacket Potato															●	●
	Coconut Dessert Pot (Apple & Pear, Strawberry or Banana)			●												●	●
Thursday	Tuna & Sweetcorn Dairy Free Pasta Bake			●				●							●	●	●
	Not Applicable																
	Orange Slices			●												●	●
Friday	Chicken & Roasted Vegetable Pizza (Dairy Free)			●				●							●	●	●
	Not Applicable																
	Melon Slices			●												●	●

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Menu A	Item 1	Item 2	Item 3	
Monday	Ham & Pineapple Pizza (D) (G) (T)	Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Apricots & Pears
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake (D) (G) (PU)	Penne pasta, chicken, butternut squash, peas, bechamel, garlic, onion, basil, smoked paprika & cheese	Not Applicable	Melon Slices
Wednesday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices
Thursday	Winter Beef & Potato Stew (PU) (T)	Diced beef, potato, garlic, leeks, tomato, peppers, onion, carrot, rosemary, gravy, coriander, chickpeas & rice flour	Not Applicable	Strawberry Yoghurt (D)
Friday	Sweet & Sour Chicken Noodles (G) (SD) (T)	Wholewheat noodles, chicken, onion, garlic, carrot, peppers, vinegar, pineapple, coriander, ginger, cumin, tomato & cornflour	Not Applicable	Plain Flapjack (Gluten Free)

Menu B	Item 1	Item 2	Item 3	
Monday	Beef Meatball Pasta Bake (D) (G) (PU) (S) (SD) (T)	Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, pasta & cheese	Not Applicable	Rhubarb & Apple Yoghurt (D)
Tuesday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Cranberry Cereal Slice (G) (SD)
Wednesday	Bean & Cheese Fajita (D) (PU) (T)	Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Winter Berry Yoghurt (D)
Thursday	Chicken, Tomato & Mozzarella Pasta Bake (D) (G) (T)	Penne pasta, chicken, bechamel, mozzarella, tomato, garlic, onion, basil & grated cheese	Not Applicable	Melon Slices
Friday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Macaroni Cheese (D) (G) (PU)	Pasta, bechamel, onion, garlic, yellow split peas, butternut squash, cheddar cheese, turmeric & stock	Not Applicable	Pineapple Yoghurt (D)
Tuesday	Chicken & Cheese Fajita (D) (T)	Sliced chicken, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Mixed Berry Flapjack (G) (SD)
Wednesday	Vegetable Chilli (PU) (SD) (T)	Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	Jacket Potato	Blackcurrant Yoghurt (D)
Thursday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (PU) (T)	Tuna, penne pasta, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Orange Slices
Friday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Melon Slices

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PU = Contains Pulses/Beans S = Contains Soya SD = Contains Sulphur Dioxide T = Contains Tomato

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E EGG FREE HOT Tea Menu

Autumn/Winter 2023/24

VA Vegan	V Vegetarian	T Tomato	SD Suphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries																
Monday	Ham & Pineapple Pizza			●	●			●							●		●	●
	Not Applicable																	
	Apricots & Pears			●													●	●
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake			●	●			●									●	●
	Not Applicable																	
	Melon Slices			●													●	●
Wednesday	Cheesy Baked Beans			●	●										●		●	●
	Jacket Potato																●	●
	Orange Slices			●													●	●
Thursday	Winter Beef & Potato Stew	●		●											●		●	●
	Not Applicable																	
	Strawberry Yoghurt			●	●												●	●
Friday	Sweet & Sour Chicken Noodles			●				●							●		●	●
	Not Applicable																	
	Plain Flapjack (Gluten Free)																●	●

Menu B	Dish	Dietaries																
Monday	Beef Meatball Pasta Bake	●		●	●			●						●	●	●	●	●
	Not Applicable																	
	Rhubarb & Apple Yoghurt			●	●												●	●
Tuesday	Chicken & Roasted Vegetable Pizza			●	●			●							●		●	●
	Not Applicable																	
	Cranberry Cereal Slice			●				●							●		●	●
Wednesday	Bean & Cheese Fajita			●	●										●		●	●
	Soft Flour Tortilla							●									●	●
	Winter Berry Yoghurt			●	●												●	●
Thursday	Chicken, Tomato & Mozzarella Pasta Bake			●	●			●							●		●	●
	Not Applicable																	
	Melon Slices			●													●	●
Friday	Cheesy Baked Beans			●	●										●		●	●
	Jacket Potato																●	●
	Orange Slices			●													●	●

Menu C	Dish	Dietaries																
Monday	Macaroni Cheese			●	●			●									●	●
	Not Applicable																	
	Pineapple Yoghurt			●	●												●	●
Tuesday	Chicken & Cheese Fajita			●	●										●		●	●
	Soft Flour Tortilla							●									●	●
	Mixed Berry Flapjack			●				●							●		●	●
Wednesday	Vegetable Chilli			●											●		●	●
	Jacket Potato																●	●
	Blackcurrant Yoghurt			●	●												●	●
Thursday	Tuna & Sweetcorn Pasta Bake			●	●			●							●		●	●
	Not Applicable																	
	Orange Slices			●													●	●
Friday	Chicken & Roasted Vegetable Pizza			●	●			●							●		●	●
	Not Applicable																	
	Melon Slices			●													●	●

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Menu A	Item 1	Item 2	Item 3	
Monday	Ham & Pineapple Gluten Free Pizza (D) (PU) (T)	Gluten free pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Apricots & Pears
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake (Gluten Free) (D) (PU)	Gluten free pasta, chicken, butternut squash, peas, bechamel, garlic, onion, basil, smoked paprika & cheese	Not Applicable	Melon Slices
Wednesday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices
Thursday	Winter Beef & Potato Stew (PU) (T)	Diced beef, potato, garlic, leeks, tomato, peppers, onion, carrot, rosemary, gravy, coriander, chickpeas & rice flour	Not Applicable	Strawberry Yoghurt (D)
Friday	Sweet & Sour Chicken Noodles (Gluten Free) (SD) (T)	Gluten free noodles, chicken, onion, garlic, carrot, peppers, vinegar, pineapple, coriander, ginger, cumin, tomato & cornflour	Not Applicable	Plain Flapjack (Gluten Free)

Menu B	Item 1	Item 2	Item 3	
Monday	Chicken Pasta Bake (Gluten Free) (D) (PU) (SD) (T)	Diced chicken, onion, red lentils, peppers, swede, oregano, basil, tomato, corn flour, garlic, gluten free pasta & cheese	Not Applicable	Rhubarb & Apple Yoghurt (D)
Tuesday	Chicken & Roasted Vegetable Pizza (Gluten Free) (D) (T)	Gluten free pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Plain Flapjack (Gluten Free)
Wednesday	Bean & Cheese Fajita (D) (PU) (T)	Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Gluten Free Tortilla Wrap (PU)	Winter Berry Yoghurt (D)
Thursday	Chicken, Tomato & Mozzarella Pasta Bake (Gluten Free) (D) (T)	Gluten free pasta, chicken, bechamel, mozzarella, tomato, garlic, onion, basil & grated cheese	Not Applicable	Melon Slices
Friday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Macaroni Cheese (Gluten Free) (D) (PU)	Gluten free pasta, bechamel, onion, garlic, yellow split peas, butternut squash, cheddar cheese, turmeric & stock	Not Applicable	Pineapple Yoghurt (D)
Tuesday	Chicken & Cheese Fajita (D) (T)	Sliced chicken, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Gluten Free Tortilla Wrap (PU)	Plain Flapjack (Gluten Free)
Wednesday	Vegetable Chilli (PU) (SD) (T)	Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	Jacket Potato	Blackcurrant Yoghurt (D)
Thursday	Tuna & Sweetcorn Gluten Free Pasta Bake (D) (F) (PU) (T)	Tuna, gluten free pasta, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Orange Slices
Friday	Chicken & Roasted Vegetable Pizza (Gluten Free) (D) (T)	Gluten free pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Melon Slices

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Menu A	Item 1	Item 2	Item 3	
Monday	Ham & Pineapple Pizza (D) (G) (T)	Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Apricots & Pears
Tuesday	Chicken & Basil Carbonara Pasta Bake (Pulse Free) (D) (G)	Penne pasta, chicken, butternut squash, bechamel, garlic, onion, basil, smoked paprika & cheese	Not Applicable	Melon Slices
Wednesday	Grated Cheese (D)	Cheddar cheese	Jacket Potato	Orange Slices
Thursday	Winter Beef & Potato Stew (Pulse Free) (T)	Diced beef, potato, garlic, leeks, tomato, peppers, onion, carrot, rosemary, gravy, coriander & rice flour	Not Applicable	Strawberry Yoghurt (D)
Friday	Sweet & Sour Chicken Noodles (G) (SD) (T)	Wholewheat noodles, chicken, onion, garlic, carrot, peppers, vinegar, pineapple, coriander, ginger, cumin, tomato & cornflour	Not Applicable	Apple & Ginger Cookie (D) (E) (G)

Menu B	Item 1	Item 2	Item 3	
Monday	Beef Meatball Pasta Bake (Pulse Free) (D) (G) (S) (SD) (T)	Beef meatballs, onion, peppers, swede, oregano, basil, tomato, corn flour, garlic, pasta & cheese	Not Applicable	Rhubarb & Apple Yoghurt (D)
Tuesday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Cranberry Cereal Slice (G) (SD)
Wednesday	Vegetable & Cheese Fajita (Pulse Free) (D) (T)	Peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Winter Berry Yoghurt (D)
Thursday	Chicken, Tomato & Mozzarella Pasta Bake (D) (G) (T)	Penne pasta, chicken, bechamel, mozzarella, tomato, garlic, onion, basil & grated cheese	Not Applicable	Melon Slices
Friday	Grated Cheese (D)	Cheddar cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Macaroni Cheese (Pulse Free) (D) (G)	Pasta, bechamel, onion, garlic, butternut squash, cheddar cheese, turmeric & stock	Not Applicable	Pineapple Yoghurt (D)
Tuesday	Chicken & Cheese Fajita (D) (T)	Sliced chicken, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Mixed Berry Flapjack (G) (SD)
Wednesday	Vegetable Chilli (Pulse Free) (SD) (T)	Carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	Jacket Potato	Blackcurrant Yoghurt (D)
Thursday	Tuna Pasta Bake (Pulse Free) (D) (F) (G) (T)	Tuna, penne pasta, cheese, tomato, garlic, butternut, onion, basil & rapeseed oil	Not Applicable	Orange Slices
Friday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Melon Slices

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PU PULSE & Bean FREE HOT Tea Menu

Autumn/Winter 2023/24

VA Vegan	V Vegetarian	T Tomato	SD Suphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries																	
Monday	Ham & Pineapple Pizza			●	●			●							●			●	●
	Not Applicable																		
	Apricots & Pears			●															
Tuesday	Chicken & Basil Carbonara Pasta Bake (Pulse Free)			●	●			●										●	●
	Not Applicable																		
	Melon Slices			●															
Wednesday	Grated Cheese				●														
	Jacket Potato																		
	Orange Slices			●															
Thursday	Winter Beef & Potato Stew (Pulse Free)	●		●											●			●	●
	Not Applicable																		
	Strawberry Yoghurt			●	●														
Friday	Sweet & Sour Chicken Noodles			●				●							●			●	●
	Not Applicable																		
	Apple & Ginger Cookie			●	●	●		●											

Menu B	Dish	Dietaries																	
Monday	Beef Meatball Pasta Bake (Pulse Free)	●		●	●			●							●			●	●
	Not Applicable																		
	Rhubarb & Apple Yoghurt			●	●														
Tuesday	Chicken & Roasted Vegetable Pizza			●	●			●							●			●	●
	Not Applicable																		
	Cranberry Cereal Slice			●				●							●			●	●
Wednesday	Vegetable & Cheese Fajita (Pulse Free)			●	●			●							●			●	●
	Soft Flour Tortilla							●											
	Winter Berry Yoghurt			●	●														
Thursday	Chicken, Tomato & Mozzarella Pasta Bake			●	●			●							●			●	●
	Not Applicable																		
	Melon Slices			●															
Friday	Grated Cheese				●														
	Jacket Potato																		
	Orange Slices			●															

Menu C	Dish	Dietaries																	
Monday	Macaroni Cheese (Pulse Free)			●	●			●										●	●
	Not Applicable																		
	Pineapple Yoghurt			●	●														
Tuesday	Chicken & Cheese Fajita			●	●			●							●			●	●
	Soft Flour Tortilla							●											
	Mixed Berry Flapjack			●				●							●			●	●
Wednesday	Vegetable Chilli (Pulse Free)			●				●							●			●	●
	Jacket Potato																		
	Blackcurrant Yoghurt			●	●														
Thursday	Tuna Pasta Bake (Pulse Free)			●	●			●	●						●			●	●
	Not Applicable																		
	Orange Slices			●															
Friday	Chicken & Roasted Vegetable Pizza			●	●			●							●			●	●
	Not Applicable																		
	Melon Slices			●															

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Menu A	Item 1	Item 2	Item 3	
Monday	Ham & Pineapple Pizza (D) (G) (T)	Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Apricots & Pears
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake (D) (G) (PU)	Penne pasta, chicken, butternut squash, peas, bechamel, garlic, onion, basil, smoked paprika & cheese	Not Applicable	Melon Slices
Wednesday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices
Thursday	Winter Beef & Potato Stew (PU) (T)	Diced beef, potato, garlic, leeks, tomato, peppers, onion, carrot, rosemary, gravy, coriander, chickpeas & rice flour	Not Applicable	Strawberry Yoghurt (D)
Friday	Sweet & Sour Chicken Noodles (G) (SD) (T)	Wholewheat noodles, chicken, onion, garlic, carrot, peppers, vinegar, pineapple, coriander, ginger, cumin, tomato & cornflour	Not Applicable	Apple & Ginger Cookie (D) (E) (G)

Menu B	Item 1	Item 2	Item 3	
Monday	Chicken Pasta Bake (Soya Free) (D) (G) (PU) (SD) (T)	Chicken, onion, red lentils, peppers, swede, oregano, basil, tomato, cornflour, garlic, pasta & cheese	Not Applicable	Rhubarb & Apple Yoghurt (D)
Tuesday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Cranberry Cereal Slice (G) (SD)
Wednesday	Bean & Cheese Fajita (D) (PU) (T)	Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Winter Berry Yoghurt (D)
Thursday	Chicken, Tomato & Mozzarella Pasta Bake (D) (G) (T)	Penne pasta, chicken, bechamel, mozzarella, tomato, garlic, onion, basil & grated cheese	Not Applicable	Melon Slices
Friday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Macaroni Cheese (D) (G) (PU)	Pasta, bechamel, onion, garlic, yellow split peas, butternut squash, cheddar cheese, turmeric & stock	Not Applicable	Pineapple Yoghurt (D)
Tuesday	Chicken & Cheese Fajita (D) (T)	Sliced chicken, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Mixed Berry Flapjack (G) (SD)
Wednesday	Vegetable Chilli (PU) (SD) (T)	Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	Jacket Potato	Blackcurrant Yoghurt (D)
Thursday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (PU) (T)	Tuna, penne pasta, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Orange Slices
Friday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Melon Slices

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Menu A	Item 1	Item 2	Item 3	
Monday	Ham & Pineapple Tomato Free Pizza (D) (G)	Pizza base, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Apricots & Pears
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake (D) (G) (PU)	Penne pasta, chicken, butternut squash, peas, bechamel, garlic, onion, basil, smoked paprika & cheese	Not Applicable	Melon Slices
Wednesday	Grated Cheese (D)	Cheddar cheese	Jacket Potato	Orange Slices
Thursday	Winter Beef & Potato Stew (Tomato Free) (PU)	Diced beef, potato, garlic, leeks, peppers, onion, carrot, rosemary, gravy, coriander, chickpeas & rice flour	Not Applicable	Strawberry Yoghurt (D)
Friday	Sweet & Sour Chicken Noodles (Tomato Free) (G) (SD)	Wholewheat noodles, chicken, onion, garlic, carrot, peppers, vinegar, pineapple, coriander, ginger, cumin, gravy & cornflour	Not Applicable	Apple & Ginger Cookie (D) (E) (G)

Menu B	Item 1	Item 2	Item 3	
Monday	Beef Meatball Pasta Bake (Tomato Free) (D) (G) (PU) (S)	Beef meatballs, onion, red lentils, peppers, swede, oregano, basil, gravy, potato flour, garlic, pasta & cheese	Not Applicable	Rhubarb & Apple Yoghurt (D)
Tuesday	Chicken & Roasted Vegetable Pizza (Tomato Free) (D) (G)	Wholemeal pizza base, roasted vegetables, diced chicken, cheese	Not Applicable	Cranberry Cereal Slice (G) (SD)
Wednesday	Bean & Cheese Fajita (Tomato Free) (D) (PU)	Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, vegetable stock & cheese	Soft Flour Tortilla (G)	Winter Berry Yoghurt (D)
Thursday	Chicken & Mozzarella Pasta Bake (Tomato Free) (D) (G)	Penne pasta, chicken, bechamel, mozzarella, onion, garlic, basil & grated cheese	Not Applicable	Melon Slices
Friday	Grated Cheese (D)	Cheddar cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Macaroni Cheese (D) (G) (PU)	Pasta, bechamel, onion, garlic, yellow split peas, butternut squash, cheddar cheese, turmeric & stock	Not Applicable	Pineapple Yoghurt (D)
Tuesday	Chicken & Cheese Fajita (Tomato Free) (D)	Sliced chicken, peppers, garlic, onion, basil, smoked paprika, carrot, vegetable stock & cheese	Soft Flour Tortilla (G)	Mixed Berry Flapjack (G) (SD)
Wednesday	Vegetable Chilli (Tomato Free) (PU) (SD)	Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, gravy, coriander, cumin, smoked paprika, oregano, vegetable stock, corn flour	Jacket Potato	Blackcurrant Yoghurt (D)
Thursday	Tuna & Sweetcorn Pasta Bake (Tomato Free) (D) (F) (G) (PU)	Tuna, penne pasta, cheese, gravy, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Orange Slices
Friday	Chicken & Roasted Vegetable Pizza (Tomato Free) (D) (G)	Wholemeal pizza base, roasted vegetables, diced chicken, cheese	Not Applicable	Melon Slices

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Menu A	Item 1	Item 2	Item 3	
Monday	Ham Pizza (Tomato Free) (D) (G)	Pizza base, herbs, cheddar, mozzarella & ham	Not Applicable	Plain Flapjack (Gluten Free)
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake Alternative (D) (G) (PU)	Penne pasta, chicken, butternut squash, peas, bechamel, onion, basil & cheese	Not Applicable	Sponge Slice (G) (S)
Wednesday	Grated Cheese (D)	Cheddar cheese	Jacket Potato	Natural Yoghurt (D)
Thursday	Winter Beef & Potato Stew Alternative (PU)	Diced beef, potato, leeks, peppers, onion, carrot, rosemary, gravy, chickpeas & rice flour	Not Applicable	Natural Yoghurt (D)
Friday	Sweet & Sour Chicken Noodles Alternative (G) (SD)	Wholewheat noodles, chicken, onion, carrot, peppers, gravy & cornflour	Not Applicable	Plain Flapjack (Gluten Free)

Menu B	Item 1	Item 2	Item 3	
Monday	Meatball Pasta Bake Alternative (D) (G) (PU) (SD)	Diced chicken, onion, red lentils, peppers, swede, oregano, basil, gravy, corn flour, pasta & cheese	Not Applicable	Natural Yoghurt (D)
Tuesday	Chicken & Roasted Vegetable Pizza (Tomato Free) (D) (G)	Wholemeal pizza base, roasted vegetables, diced chicken, cheese	Not Applicable	Plain Flapjack (Gluten Free)
Wednesday	Bean & Cheese Fajita Alternative (D) (PU)	Mixed beans, peppers, onion, basil, carrot, gravy, vegetable stock & cheese	Soft Flour Tortilla (G)	Natural Yoghurt (D)
Thursday	Chicken, Tomato & Mozzarella Pasta Bake Alternative (D) (G)	Penne pasta, chicken, bechamel, mozzarella, gravy, onion, basil & grated cheese	Not Applicable	Plain Flapjack (Gluten Free)
Friday	Grated Cheese (D)	Cheddar cheese	Jacket Potato	Sponge Slice (G) (S)

Menu C	Item 1	Item 2	Item 3	
Monday	Macaroni Cheese Alternative (D) (G) (PU)	Pasta, bechamel, onion, yellow split peas, butternut squash, cheddar cheese & stock	Not Applicable	Natural Yoghurt (D)
Tuesday	Chicken & Cheese Fajita Alternative (D)	Chicken, peppers, onion, basil, carrot, gravy, vegetable stock & cheese	Soft Flour Tortilla (G)	Plain Flapjack (Gluten Free)
Wednesday	Vegetable Chilli Alternative (PU) (SD)	Kidney beans, black turtle beans, carrot, mixed peppers, onion, gravy vegetable stock, corn flour	Jacket Potato	Natural Yoghurt (D)
Thursday	Tuna & Sweetcorn Pasta Bake Alternative (D) (F) (G) (PU)	Tuna, penne pasta, cheese, gravy, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Plain Flapjack (Gluten Free)
Friday	Chicken & Roasted Vegetable Pizza (Tomato Free) (D) (G)	Wholemeal pizza base, roasted vegetables, diced chicken, cheese	Not Applicable	Sponge Slice (G) (S)

C = Contains Celery D = Contains Dairy (Milk) E = Contains Egg F = Contains Fish G = Contains cereals containing Gluten
 PU = Contains Pulses/Beans S = Contains Soya SD = Contains Suphur Dioxide T = Contains Tomato

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Menu A	Item 1	Item 2	Item 3	
Monday	Ham & Pineapple Pizza (D) (G) (T)	Pizza base, tomato sauce, herbs, cheddar, mozzarella, ham & pineapple	Not Applicable	Apricots & Pears
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake (D) (G) (PU)	Penne pasta, chicken, butternut squash, peas, bechamel, garlic, onion, basil, smoked paprika & cheese	Not Applicable	Melon Slices
Wednesday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices
Thursday	Winter Beef & Potato Stew (PU) (T)	Diced beef, potato, garlic, leeks, tomato, peppers, onion, carrot, rosemary, gravy, coriander, chickpeas & rice flour	Not Applicable	Strawberry Yoghurt (D)
Friday	Sweet & Sour Chicken Noodles (Suphur Dioxide Free) (G) (T)	Wholewheat noodles, chicken, onion, garlic, carrot, peppers, pineapple, coriander, ginger, cumin, tomato	Not Applicable	Apple & Ginger Cookie (D) (E) (G)

Menu B	Item 1	Item 2	Item 3	
Monday	Chicken Pasta Bake (Suphur Dioxide Free) (D) (G) (PU) (T)	Chicken, onion, red lentils, peppers, swede, oregano, basil, tomato, garlic, pasta & cheese	Not Applicable	Rhubarb & Apple Yoghurt (D)
Tuesday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Plain Flapjack (Gluten Free)
Wednesday	Bean & Cheese Fajita (D) (PU) (T)	Mixed beans, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Winter Berry Yoghurt (D)
Thursday	Chicken, Tomato & Mozzarella Pasta Bake (D) (G) (T)	Penne pasta, chicken, bechamel, mozzarella, tomato, garlic, onion, basil & grated cheese	Not Applicable	Melon Slices
Friday	Cheesy Baked Beans (D) (PU) (T)	Baked beans in tomato sauce, grated cheese	Jacket Potato	Orange Slices

Menu C	Item 1	Item 2	Item 3	
Monday	Macaroni Cheese (D) (G) (PU)	Pasta, bechamel, onion, garlic, yellow split peas, butternut squash, cheddar cheese, turmeric & stock	Not Applicable	Pineapple Yoghurt (D)
Tuesday	Chicken & Cheese Fajita (D) (T)	Sliced chicken, peppers, garlic, onion, basil, smoked paprika, carrot, tomato, vegetable stock & cheese	Soft Flour Tortilla (G)	Plain Flapjack (Gluten Free)
Wednesday	Vegetable Chilli (Suphur Dioxide Free) (PU) (T)	Kidney beans, black turtle beans, carrot, mixed peppers, onion, garlic, tomato, coriander, cumin, smoked paprika, oregano, vegetable stock,	Jacket Potato	Blackcurrant Yoghurt (D)
Thursday	Tuna & Sweetcorn Pasta Bake (D) (F) (G) (PU) (T)	Tuna, penne pasta, cheese, tomato, garlic, butternut, sweetcorn, onion, basil & rapeseed oil	Not Applicable	Orange Slices
Friday	Chicken & Roasted Vegetable Pizza (D) (G) (T)	Wholemeal pizza base, pizza sauce, roasted vegetables, diced chicken, cheese	Not Applicable	Melon Slices

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SD SUPHUR DIOXIDE FREE HOT TEA MENU

Autumn/Winter 2023/24

VA Vegan	V Vegetarian	T Tomato	SD Sulphites	S Soya	PU Pulse/Bean	P Pork	HL Halal	G Gluten	F Fish	E Egg	D Dairy	CA Citric Acid/Spice	C Celery	B Beef
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Menu A	Dish	Dietaries																
Monday	Ham & Pineapple Pizza			●	●			●							●		●	●
	Not Applicable																	
	Apricots & Pears			●													●	●
Tuesday	Chicken, Pea & Basil Carbonara Pasta Bake			●	●			●									●	●
	Not Applicable																	
	Melon Slices			●													●	●
Wednesday	Cheesy Baked Beans			●	●										●		●	●
	Jacket Potato																●	●
	Orange Slices			●													●	●
Thursday	Winter Beef & Potato Stew	●		●											●		●	●
	Not Applicable																	
	Strawberry Yoghurt			●	●												●	●
Friday	Sweet & Sour Chicken Noodles (Sulphur Dioxide Free)			●				●							●		●	●
	Not Applicable																	
	Apple & Ginger Cookie			●	●	●		●									●	●

Menu B	Dish	Dietaries																
Monday	Chicken Pasta Bake (Sulphur Dioxide Free)			●	●			●							●		●	●
	Not Applicable																	
	Rhubarb & Apple Yoghurt			●	●												●	●
Tuesday	Chicken & Roasted Vegetable Pizza			●	●			●							●		●	●
	Not Applicable																	
	Plain Flapjack (Gluten Free)																●	●
Wednesday	Bean & Cheese Fajita			●	●										●		●	●
	Soft Flour Tortilla							●									●	●
	Winter Berry Yoghurt			●	●												●	●
Thursday	Chicken, Tomato & Mozzarella Pasta Bake			●	●			●							●		●	●
	Not Applicable																	
	Melon Slices			●													●	●
Friday	Cheesy Baked Beans			●	●										●		●	●
	Jacket Potato																●	●
	Orange Slices			●													●	●

Menu C	Dish	Dietaries																
Monday	Macaroni Cheese			●	●			●									●	●
	Not Applicable																	
	Pineapple Yoghurt			●	●												●	●
Tuesday	Chicken & Cheese Fajita			●	●										●		●	●
	Soft Flour Tortilla							●									●	●
	Plain Flapjack (Gluten Free)																●	●
Wednesday	Vegetable Chilli (Sulphur Dioxide Free)			●											●		●	●
	Jacket Potato																●	●
	Blackcurrant Yoghurt			●	●												●	●
Thursday	Tuna & Sweetcorn Pasta Bake			●	●			●							●		●	●
	Not Applicable																	
	Orange Slices			●													●	●
Friday	Chicken & Roasted Vegetable Pizza			●	●			●							●		●	●
	Not Applicable																	
	Melon Slices			●													●	●

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