**Week 1**

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| **Day** | **Lunch** |
| **Mon** | Chicken Tikka Masala  Or  Quorn Tikka Masala VEG  Served with Turmeric and caramelised Onion Rice with Broccoli and Peas and Baby Spinach    Lemon and coconut shortbread  FSA Allergy List 1,2,4 |
| **Tue** | Tangy Morracon fish stew  served with a fruity couscous and freshly steamed carrots, broccoli and green beans  Homemade swiss roll  FSA Allergy List 1,2,4,5,7 |
| **Wed** | Roast Gammon  Or  Glazed Roast Tofu or Quorn VEG  Served with Homemade Gravy, Roast Potatoes, Broccoli, Carrots and Fine Green Beans  Rhubarb and ginger sponge  FSA Allergy List 1,2,4, |
| **Thu** | [http://www.clker.com/cliparts/m/4/k/d/F/A/white-star-md.png](http://www.google.co.uk/url?sa=i&rct=j&q=stars&source=images&cd=&cad=rja&docid=Sn5j6z74-a7vwM&tbnid=qvwpzGuQjaFkAM:&ved=0CAUQjRw&url=http://www.clker.com/clipart-white-star-1.html&ei=4IluUdLqJdOm0wWIhoHQAw&bvm=bv.45368065,d.d2k&psig=AFQjCNFsUBejhIJiqOx-ZBuGuevTRZVkjA&ust=1366285131365186)Italian lamb Ragu  Or  Roasted sweet potato and spinach Ragu VEG  Served with penne pasta seasonal vegetables and Roasted garlic chunky bread  Cake and custard pot  FSA Allergy List 1,2,4,7 |
| **Fri** | Traditional cottage Pie  Or  Lentil and Cougette Pie VEG  And Served with Potatoes, Peas, Sweet Corn and Carrots  Orange and blueberry muffin  FSA Allergy List 1,2,4 |

**Week 2**

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| **Day** | **Lunch** |
| **Mon** | Creamy Fish Pie  Or  Creamy Quorn And Leek Pie VEG  Served with New potato  And Served with, Peas, Sweet Corn  Chocolate and orange sponge  FSA Allergy List  1,2,4,5,7 |
| **Tue** | Slow cooked lamb curry  Or  Paneer cheese and chickpea curry VEG  Served with steamed rice And Broccoli, cauliflower and sweetcorn  Ginger nut biscuits  FSA Allergy List  1,4,7 |
| **Wed** | Turkey cassoulet  Or  Roasted vegetable and mixed bean cassoulet VEG  Served with pasta twists Seasonal Vegetables  Sticky toffee cupcake  FSA Allergy List 1,2,4,7 |
| **Thu** | Homemade Lincolnshire pork sausage  Or  Potato, cheddar and spring onion sausage VEG  Served with homemade onion gravy, sauté potatoes and seasonal vegetables  Apple and blackberry jelly  FSA Allergy List 1,2,7 |
| **Fri** | Southern fried chicken goujon  Or  Southern fried haloumi stick VEG  Served with homemade bbq sauce ,savoury rice Broccoli, Carrots and Fine Green Beans  Custard cream biscuits  FSA Allergy List 1,2,7 |

**Week 3**

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| **Day** | **Lunch** |
| **Mon** | Pork and apple patties  Or  Leek, lentil and parmesan patties VEG  Served with homemade gravy, Oven Baked roast potatoes  served with fresh vegetables  Ginger cake  FSA Allergy List 1.2.4.7 |
| **Tue** | Mango and coconut chicken curry  Or  Panerr and coconut curry VEG  Served with steamed rice And Homemade garlic and coriander Nann bread  Red velvet sponge with a cream cheese frosting  FSA Allergy List 1.2.4.7 |
| **Wed** | Lamb sloppy joes  Or  Roasted pepper and chickpea sloppy joes VEG  Served with oven baked new potatoes  And fresh seasonal vegetables  Garibaldi biscuits  FSA Allergy List 1.2.14 |
| **Thu** | Beef and pepper in plum sauce  Quorn and pepper in plum sauce VEG  Served with noodles and  Broccoli, Cauliflower  And Crinkle Cut Carrots and Courgettes  Homemade mango yogurt pot  FSA Allergy List 1,2,4,7 |
| **Fri** | Homemade chunky breaded fish fillet  Served with homemade tomato ketchup  And oven baked crinkle cut wedges  Served with garden peas and sweetcorn  Pea and chocolate cupcake  FSA Allergy List 1,24,5 |

**Week 4**

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| **Day** | **Lunch** |
| **Mon** | Beef chunky Chilli Con Carnie  Or  Quorn Chilli Con Carnie VEG  Served with Rice, Green Beans, Broccoli and  Homemade Corn tortilla crisps  Strawberry jelly  FSA Allergy List 1,2,4 |
| **Tue** | Homemade sage and onion pork meatloaf  Or  Sweet potato, sage and onion ball VEG  Served with homemade gravy, roast potatoes, Peas, carrots and broccoli    Banana cupcakes  FSA Allergy List 1,2,4 |
| **Wed** | Chicken casserole with dumplings  Or  Quorn casserole VEG  Served with steamed new potatoes and freshly steamed vegetables  Raspberry and Lemon sponge  FSA Allergy List 1,2,4 |
| **Thu** | Creamy salmon and parsley sauce  Served with Fusilli pasta and freshly cooked steamed vegetables  Mango and Coconut pots  FSA Allergy List 1,2,5,7, |
| **Fri** | Homemade turkey balls served in a coconut Thai curry  Or  Lentil and sweet potato ball served in a Thai coconut curry VEG  Served with rice and Seasonal steamed Vegetables  Chocolate crackle biscuits  FSA Allergy List 2,4,7 |