

# Week 1 – 4<sup>th</sup> September

Day	Meal	Description	Allergens
Monday			
Tuesday			
Wednesday			
Thursday 4 <sup>th</sup> Sept	Veg	<b>Vegetarian Only Loaded Potato Skins</b> Crispy baked potato skins loaded with potato, corn, cheese and veggies served with optional baked beans	Milk
	Dessert	<b>Fruit Yoghurt</b>	See packaging
Friday 5 <sup>th</sup> Sept	Meat	<b>Giant Fish Finger, Potato Wedges &amp; Salad</b> Tender white fish fillets in crispy coating served with thick-cut wedges and salad sticks	Fish, wheat, egg, milk, celery
	Veg	<b>Giant Crispy Veggie Finger</b> with thick cut chips, peas and ketchup	Wheat, egg, milk, celery, soya
	Dessert	Allergens in Bold. <b>Dark choc chip cookie</b> Freshly baked in-house	Wheat, milk, soya

# Week 2 – 8<sup>th</sup> September

Day	Meal	Description	Allergens
Monday 8 <sup>th</sup> Sept	Meat	<b>Beef Lasagne</b> Traditional beef lasagne recipe made from scratch including a slow cooked bolognese sauce packed with hidden veggies, and a bechamel sauce	Wheat, milk, celery
	Veg	<b>Roasted vegetable Lasagne</b> Traditional veg lasagne recipe made from scratch packed with hidden veggies and a bechamel sauce <b>(Gluten Free)</b>	Milk, celery
	Dessert	<b>Fresh Fruit Jelly</b> <b>(Vegan)</b>	
Tuesday 9 <sup>th</sup> Sept	Meat	<b>Hot Dog</b> A juicy pork sausage nestled in a soft bun served with a corn cobettes and MunchBox ketchup	Milk, wheat, celery, sulphites
	Veg	<b>Veggie Dog</b> A freshly prepared veggie sausage in a soft bun with salad sticks and MunchBox ketchup	Milk, wheat, celery
	Dessert	<b>Vanilla Cupcake</b>	Wheat, egg, milk
Wednesday 10 <sup>th</sup> Sept	Meat	<b>Roast Chicken</b> Succulent honey and garlic roast chicken served with roast potatoes and seasonal vegetables <b>(Gluten Free)</b>	Milk, wheat, celery, sulphites
	Veg	<b>Veggie Roast</b> Succulent honey and garlic roast Quorn fillet served with roast potatoes and seasonal vegetables <b>(Gluten Free)</b>	Milk, wheat, celery
	Dessert	<b>Sweet Popcorn Bag &amp; Fruit Yoghurts</b>	Frubes See packaging
Thursday 11 <sup>th</sup> Sept	Veg	<b>Vegetarian Only</b> Classic Pesto Pasta with sautéed garlic <b>(No Nuts)</b>	Wheat, milk, celery
	Dessert	<b>Watermelon Wedges</b>	
Friday 12 <sup>th</sup> Sept	Meat	<b>Chippie-Style Fish &amp; Chips</b> Tender white fish fillets in crispy coating served with thick-cut chips, peas and a sprinkle of salt & vinegar for that authentic chippie taste	Fish, wheat, egg, milk, celery
	Veg	<b>Crispy Veggie Fingers</b> with thick cut chips, peas and ketchup  Allergens in Bold.	Wheat, egg, milk, celery, soya
	Dessert	<b>Jammie Dodgers</b> Our own in house Jammie Dodgers – but without the nasties!	Wheat, egg, milk

# Week 3– 15<sup>th</sup> September

Day	Meal	Description	Allergens
Monday 15 <sup>th</sup> Sept	Meat	<b>Chicken Pita Pockets</b> Filled pitas with lightly seasoned tender chicken and seasonal salad/vegetables	Wheat, milk, celery
	Veg	<b>Cheese Pita Pockets</b> Filled pitas with cheese and seasonal salad/vegetables	Wheat, milk, celery
	Dessert	<b>Banana Bread</b>	Wheat, milk, eggs
Tuesday 16 <sup>th</sup> Sept	Meat	<b>Chef's Fresh Beef Burger</b> with chunky potato wedges and salad sticks (Gluten Free buns available upon request)	Wheat, celery, milk, soya
	Veg	<b>Chef's Fresh Vegetable Burger</b> with chunky potato wedges and salad sticks (Gluten Free buns available upon request)	Wheat, celery, milk, soya
	Dessert	<b>MunchBox Fruit Ice Pops</b> (in silicone moulds)	
Wednesday 17 <sup>th</sup> Sept	Meat	<b>Popcorn Chicken</b> Our infamous Popcorn Chicken served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk, mustard
	Veg	<b>Vegetable Popcorn Bites</b> Our Popcorn vegetable bites served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk
	Dessert	<b>Mini vanilla muffin &amp; fresh fruit</b>	Wheat, egg, milk, eggs
Thursday 18 <sup>th</sup> Sept	Veg	<b>Vegetarian Only</b>  <b>Rainbow Veggie Sushi Rolls</b> Filled with crunchy cucumber, and sweet carrots, all wrapped in a tasty seaweed sheet served with rice crackers  (Gluten Free)	milk, celery, soya
	Dessert	<b>Jelly &amp; Fruit cocktail</b> (Gluten Free)	
Friday 19 <sup>th</sup> Sept	Meat	<b>Breaded Fish Goujons</b> A mix of salmon and white fish goujons, fresh oven fries and sweet garden peas and MunchBox Ketchup	Fish, wheat, egg, milk, celery
	Veg	<b>Breaded Veg Goujons</b> Served with fresh oven fries, sweet garden peas and MunchBox Ketchup	Wheat, egg, milk, celery, soya
	Dessert	<b>Oat and choc chip cookie</b> Freshly baked in-house	Milk, wheat, milk, soy

# Week 4 – 22<sup>rd</sup> September

Day	Meal	Description	Allergens
Monday 22 <sup>nd</sup> Sept	Meat	<b>Pasta Bolgnese</b> A rich and savoury meat sauce made from minced beef, tomatoes, garlic, bechamel and herbs served with Penne pasta (Gluten free pasta available upon request)	Milk, wheat, celery, sulphites
	Veg	<b>Vegetable Penne Pasta</b> Penne pasta mixed with vibrant fresh vegetables, herbs, garlic and tomatoes (Gluten free pasta available upon request)	Milk, wheat, celery
	Dessert	<b>Fresh Fruit Salad</b>	
Tuesday 23 <sup>rd</sup> Sept	Meat	<b>Pepperoni Pizza</b> Fresh pizza dough with tangy in house tomato sauce, mozzarella pepperoni and herbs served with a seasonal salad	Wheat, celery, milk, mustard
	Veg	<b>Margherita Pizza</b> Fresh pizza dough with tangy in house tomato sauce, mozzarella and herbs served with a seasonal salad	Wheat, celery, milk
	Dessert	<b>Chocolate Brownie</b> with hidden sweet potato served with strawberries	Egg, milk, wheat, soya
Wednesday 24 <sup>th</sup> Sept	Meat	<b>Chicken &amp; Broccoli Noodle Stir Fry</b> Tender pieces of chicken stir-fried with fresh broccoli florets and tossed with soft noodles in a light, savoury sauce.	Wheat, celery, soya
	Veg	<b>Vegetable Noodle Stir Fry</b> Fresh seasonal vegetables tossed with soft noodles in a light, savoury sauce.	Wheat, celery, soya
	Dessert	<b>MunchBox Fruit Ice Pops</b>	
Thursday 25 <sup>th</sup> Sept	Veg	<b>Vegetarian Only</b>  <b>Loaded Potato Skins</b> Crispy baked potato skins loaded with potato, corn, cheese and veggies served with optional baked beans (Gluten Free)	Milk
	Dessert	<b>Fruit Yoghurt</b>	Frubes - See packaging
Friday 26 <sup>th</sup> Sept <b>INSET DAY SCHOOL CLOSED</b>	Meat		
	Veg		
	Dessert		

# Week 5 – 29<sup>th</sup> September

Day	Meal	Description	Allergens
Monday 29 <sup>th</sup> Sept	Meat	<b>Beef Lasagne</b> Traditional beef lasagne recipe made from scratch including a slow cooked bolognese sauce packed with hidden veggies, and a bechamel sauce	Wheat, milk, celery
	Veg	<b>Roasted vegetable Lasagne</b> Traditional veg lasagne recipe made from scratch packed with hidden veggies and a bechamel sauce (Gluten Free)	Milk, celery
	Dessert	<b>Fresh Fruit Jelly (Vegan)</b>	
Tuesday 30 <sup>th</sup> Sept	Meat	<b>Hot Dog</b> A juicy pork sausage nestled in a soft bun served with a corn cobettes and MunchBox ketchup	Milk, wheat, celery, sulphites
	Veg	<b>Veggie Dog</b> A freshly prepared veggie sausage in a soft bun with salad sticks and MunchBox ketchup	Milk, wheat, celery
	Dessert	<b>Vanilla Cupcake</b>	Wheat, egg, milk
Wednesday 1 <sup>st</sup> Oct	Meat	<b>Roast Chicken</b> Succulent honey and garlic roast chicken served with roast potatoes and seasonal vegetables (Gluten Free)	Milk, wheat, celery, sulphites
	Veg	<b>Veggie Roast</b> Succulent honey and garlic roast Quorn fillet served with roast potatoes and seasonal vegetables (Gluten Free)	Milk, wheat, celery
	Dessert	<b>Sweet Popcorn Bag &amp; Fruit Yoghurts</b>	Frubes See packaging
Thursday 2 <sup>nd</sup> Oct	Veg	<b>Vegetarian Only</b> <b>Classic Pesto Pasta</b> Freshly prepared pesto with spinach, basil, olive oil and sautéed garlic (No Nuts)	Wheat, milk, celery
	Dessert	<b>Watermelon Wedges</b>	
Friday 3 <sup>rd</sup> Oct	Meat	<b>Chippie-Style Fish &amp; Chips</b> Tender white fish fillets in crispy coating served with thick-cut chips, peas and a sprinkle of salt & vinegar for that authentic chippie taste	Fish, wheat, egg, milk, celery
	Veg	<b>Crispy Veggie Fingers</b> with thick cut chips, peas and ketchup  Allergens in Bold.	Wheat, egg, milk, celery, soya
	Dessert	<b>Jammie Dodgers</b> Our own in house Jammie Dodgers – but without the nasties!	Wheat, egg, milk

# Week 6 - 6<sup>th</sup> October

Day	Meal	Description	Allergens
Monday 6 <sup>th</sup> Oct	Meat	<b>Chicken Pita Pockets</b> Filled pitas with lightly seasoned tender chicken and seasonal salad/vegetables	Wheat, milk, celery
	Veg	<b>Cheese Pita Pockets</b> Filled pitas with cheese and seasonal salad/vegetables	Wheat, milk, celery
	Dessert	<b>Banana Bread</b>	Wheat, milk,
Tuesday 7 <sup>th</sup> Oct	Meat	<b>Chef's Fresh Beef Burger</b> with chunky potato wedges and salad sticks (Gluten Free buns available upon request)	Wheat, celery, milk, soya
	Veg	<b>Chef's Fresh Vegetable Burger</b> with chunky potato wedges and salad sticks (Gluten Free buns available upon request)	Wheat, celery, milk, soya
	Dessert	<b>MunchBox Fruit Ice Pops</b> (in silicone moulds)	
Wednesday 8 <sup>th</sup> Oct	Meat	<b>Popcorn Chicken</b> Our infamous Popcorn Chicken served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk, mustard
	Veg	<b>Vegetable Popcorn Bites</b> Our Popcorn vegetable bites served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk
	Dessert	<b>Mini vanilla muffin &amp; fresh fruit</b>	Wheat, egg, milk
Thursday 9 <sup>th</sup> Oct	Veg	<b>Vegetarian Only</b>  <b>Rainbow Veggie Sushi Rolls</b> Filled with crunchy cucumber, and sweet carrots, all wrapped in a tasty seaweed sheet served with rice crackers (Gluten Free)	Milk, celery, soya
	Dessert	<b>Jelly &amp; Fruit cocktail</b> (Gluten Free)	
Friday 10 <sup>th</sup> Oct	Meat	<b>Breaded Fish Goujons</b> A mix of salmon and white fish goujons, fresh oven fries and sweet garden peas and MunchBox Ketchup	Fish, wheat, egg, milk, celery
	Veg	<b>Breaded Veg Goujons</b> Served with fresh oven fries, sweet garden peas and MunchBox Ketchup	Wheat, egg, milk, celery, soya
	Dessert	<b>Oat and choc chip cookie</b> Freshly baked in-house	Milk, wheat milk, soya

# Week 7 – 13<sup>th</sup> October

Day	Meal	Description	Allergens
Monday 13 <sup>th</sup> Oct	Meat	<b>Pasta Bolognese</b> A rich and savoury meat sauce made from minced beef, tomatoes, garlic, bechamel and herbs served with Penne pasta	Milk, wheat, celery, sulphites
	Veg	<b>Vegetable Penne Pasta</b> Penne pasta mixed with vibrant fresh vegetables, herbs, garlic and tomatoes	Milk, wheat, celery
	Dessert	<b>Fresh Fruit Salad</b>	
Tuesday 14 <sup>th</sup> Oct	Meat	<b>Pepperoni Pizza</b> Fresh pizza dough with tangy in house tomato sauce, mozzarella pepperoni and herbs served with a seasonal salad	Wheat, celery, milk, mustard
	Veg	<b>Margherita Pizza</b> Fresh pizza dough with tangy in house tomato sauce, mozzarella and herbs served with a seasonal salad	Wheat, celery, milk
	Dessert	<b>Chocolate Brownie</b> with hidden sweet potato served with strawberries	Egg, milk, wheat, soya
Wednesday 15 <sup>th</sup> Oct	Meat	<b>Chicken &amp; Broccoli Noodle Stir Fry</b> Tender pieces of chicken stir-fried with fresh broccoli florets and tossed with soft noodles in a light, savoury sauce.	Wheat, celery, soya
	Veg	<b>Vegetable Noodle Stir Fry</b> Fresh seasonal vegetables tossed with soft noodles in a light, savoury sauce.	Wheat, celery, soya
	Dessert	<b>MunchBox Fruit Ice Pops</b>	
Thursday 16 <sup>th</sup> Oct	Veg	<b>Vegetarian Only Loaded Potato Skins</b> Crispy baked potato skins loaded with potato, corn, cheese and veggies served with optional baked beans <b>(Gluten Free)</b>	Milk
	Dessert	<b>Fruit Yoghurt</b>	See packaging
Friday 17 <sup>th</sup> Oct	Meat	<b>Giant Fish Finger, Potato Wedges &amp; Salad</b> Tender white fish fillets in crispy coating served with thick-cut wedges, salad sticks and MunchBox ketchup	Fish, wheat, egg, milk, celery
	Veg	<b>Giant Crispy Veggie Finger</b> with thick cut wedges, salad sticks and MunchBox ketchup  Allergens in Bold.	Wheat, egg, milk, celery, soya
	Dessert	<b>Dark Choc Chip Cookie</b>	Wheat, milk, soya