

# Week 1 – 6<sup>th</sup> Jan 26

Day	Meal	Description	Allergens
Monday 5 <sup>th</sup> Jan	Meat	<b>INSET DAY</b>	
	Veg	<b>INSET DAY</b>	
	Dessert	<b>INSET DAY</b>	
Tuesday 6 <sup>th</sup> Jan	Meat	<b>Popcorn Chicken</b> Our infamous Popcorn Chicken served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, milk, egg, celery, sulphites
	Veg	<b>Vegetable Popcorn Bites</b> Our Popcorn vegetable bites served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk, egg
	Dessert	<b>Warm Banana Bread</b>	Wheat, milk, egg
Wednesday 7 <sup>th</sup> Jan	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>Coconut &amp; Jam Traybake</b>	Milk, eggs, wheat
Thursday 8 <sup>th</sup> Jan	Veg	<b>Vegetarian Only</b> <b>Margherita Pizza</b> Fresh pizza dough with tangy in house tomato sauce, mozzarella and herbs served with a corn cobette.	Wheat, celery, milk
	Dessert	<b>Warm Lemon Drizzle Slice</b> A soft, sweet slice of lemony cake with a yummy drizzle	Wheat, egg, milk
Friday 9 <sup>th</sup> Jan	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 served with MunchBox ketchup	Fish, wheat, egg, milk, celery
	Veg	<b>Crispy Veggie Fingers &amp; Chips</b> In house veggie fingers served with thick cut chips, peas and a sprinkle of salt & vinegar for that authentic chippie taste served with MunchBox ketchup	Wheat, egg, milk, celery, soya
	Dessert	<b>Warm Rice Pudding Cups</b>	Egg, milk

# Week 2 – 12<sup>th</sup> Jan

Day	Meal	Description	Allergens
Monday 12 <sup>th</sup> Jan	Meat	<b>Chicken &amp; Chorizo Paella</b> A tasty Spanish rice dish filled with tender chicken, mild chorizo, and colourful veggies — full of flavour and fun to eat (Gluten Free)	
	Veg	<b>Veggie Paella</b> A tasty Spanish vegetable rice dish full of flavour and fun to eat (Gluten Free)	Soya, celery
	Dessert	<b>Fresh fruit bags</b> (Gluten Free)	
Tuesday 13 <sup>th</sup> Jan	Meat	<b>Chef's Fresh Chicken Burger</b> with chunky in house potato wedges	Wheat, celery, milk, soya
	Veg	<b>Chef's Fresh Vegetable Burger</b> with chunky in house potato wedges	Wheat, celery, milk, soya
	Dessert	<b>Warm brownie squares</b> with hidden sweet potato (Shhh)	Milk, wheat, eggs, soya, sulphites
Wednesday 14 <sup>th</sup> Jan	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>Fruit yoghurts</b> (Gluten Free)	Frubes/Choobs
Thursday 15 <sup>th</sup> Jan	Veg	<b>Vegetarian Only</b> <b>Classic Green Pesto Pasta</b> Freshly prepared pesto with spinach, basil, olive oil and sautéed garlic (No Nuts)	Wheat, celery, milk
	Dessert	<b>Pineapple Upside Down Traybake</b> A soft, golden cake topped with sweet pineapple rings	Wheat, milk, eggs
Friday 16 <sup>th</sup> Jan	Meat	<b>Crispy Fish Goujons</b> Served with chunky chips, peas and sweetcorn, plus our special MunchBox ketchup for dipping fun	Fish, wheat, egg, milk, celery
	Veg	<b>Crispy Veggie Goujons</b> Served with chunky chips, peas and sweetcorn, plus our special MunchBox ketchup for dipping fun	Wheat, egg, milk, celery, soya
	Dessert	<b>Freshly Baked Warm Apple Pie</b>	Wheat, milk, eggs, sulphites

# Week 3 – 19<sup>th</sup> Jan

Day	Meal	Description	Allergens
Monday 19 <sup>th</sup> Jan	Meat	<b>Mini Turkey Meatballs</b> Served with a fresh Mediterranean sauce on a bed of fluffy fragrant rice (Gluten Free)	Celery, egg
	Veg	<b>Veggie Meatballs</b> Served with a fresh Mediterranean sauce on a bed of fluffy fragrant rice (Gluten Free)	Soya, celery
	Dessert	<b>Oatie Apple Crumble</b>	GF flour, milk, egg
Tuesday 20 <sup>th</sup> Jan	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>Oat and choc chip cookie</b> Freshly baked in-house	Milk, wheat, milk, soy
Wednesday 21 <sup>st</sup> Jan	Meat	<b>Home Style Sausage, Mash &amp; Gravy</b> Juicy sausages served with soft mash and sweet petit pois (Gluten Free)	Milk, celery, sulphites
	Veg	<b>Home Style Veggie Sausage &amp; Mash</b> Our in- house veggie sausages served with soft mash and sweet petit pois (Gluten Free)	Milk, celery, soy
	Dessert	<b>Warm Banana Bread</b> Freshly baked and served while still warm (Gluten Free)	GF flour, milk, egg
Thursday 22 <sup>nd</sup> Jan	Veg	<b>Vegetarian Only</b>  <b>Roasted vegetable Lasagne</b> Traditional vegetable lasagne recipe made from scratch packed with hidden veggies and a bechamel sauce	Wheat, Milk, celery
	Dessert	<b>Fruit Yoghurt &amp; Fresh Fruit</b>	Frubes - See packaging
Friday 23 <sup>rd</sup> Jan	Meat	<b>Giant Fish Finger &amp; Potato Wedges</b> White Fish coated in breadcrumbs served with corn cobettes and our in-house MunchBox Ketchup	Fish, wheat, egg, milk, celery, soya
	Veg	<b>Giant Crispy Veggie Finger &amp; Potato Wedges</b> Mixed vegetables fingers coated in breadcrumbs served with corn cobettes with our in-house MunchBox Ketchup	Wheat, egg, milk, celery, soya
	Dessert	<b>Warm Jam Sponge Pudding</b> Freshly baked in house	Wheat, milk,

# Week 4 – 26<sup>th</sup> Jan

Day	Meal	Description	Allergens
Monday 26 <sup>th</sup> Jan	Meat	<b>Bacon &amp; Mushroom Risotto</b> A warm, creamy rice dish mixed with tasty finely cut mushrooms and crispy bits of bacon <b>(Gluten Free)</b>	Milk, celery
	Veg	<b>Mushroom Risotto</b> A warm, creamy rice dish mixed with tasty finely cut mushrooms <b>(Gluten Free)</b>	Milk, celery
	Dessert	<b>Berry Oat Crumble</b> Sweet, juicy berries topped with an oat crumble — warm and yummy on a winter day!	GF flour, milk, egg
Tuesday 27 <sup>th</sup> Jan	Meat	<b>Popcorn Chicken</b> Our infamous Popcorn Chicken served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, milk, egg, celery, sulphite,
	Veg	<b>Vegetable Popcorn Bites</b> Our Popcorn vegetable bites served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk, egg
	Dessert	<b>Warm Banana Bread</b>	Wheat, milk, egg
Wednesday 28 <sup>th</sup> Jan	Meat	<b>Pasta Bolognese</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>Coconut &amp; Jam Traybake</b>	Milk, eggs, wheat
Thursday 29 <sup>th</sup> Jan	Veg	<b>Vegetarian Only</b> <b>Margherita Pizza</b> Fresh pizza dough with tangy in house tomato sauce, mozzarella and herbs served with a corn cobette.	Wheat, celery, milk
	Dessert	<b>Warm Lemon Drizzle Slice</b> A soft, sweet slice of lemony cake with a yummy drizzle	Wheat, egg, milk
Friday 30 <sup>th</sup> Jan	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 served with MunchBox ketchup	Fish, wheat, egg, milk, celery
	Veg	<b>Crispy Veggie Fingers &amp; Chips</b> In house veggie fingers served with thick cut chips, peas and a sprinkle of salt & vinegar for that authentic chippie taste served with MunchBox ketchup	Wheat, egg, milk, celery, soya
	Dessert	<b>Warm Rice Pudding Cups</b>	Egg, milk

# Week 5 – 2<sup>nd</sup> Feb

Day	Meal	Description	Allergens
Monday 2 <sup>nd</sup> Feb	Meat	<b>Chicken &amp; Chorizo Paella</b> A tasty Spanish rice dish filled with tender chicken, mild chorizo, and colourful veggies — full of flavour and fun to eat (Gluten Free)	
	Veg	<b>Veggie Paella</b> A tasty Spanish vegetable rice dish full of flavour and fun to eat (Gluten Free)	Soya, celery
	Dessert	<b>Fresh fruit bags</b> (Gluten Free)	
Tuesday 3 <sup>rd</sup> Feb	Meat	<b>Chef's Fresh Chicken Burger</b> with chunky in house potato wedges	Wheat, celery, milk, soya
	Veg	<b>Chef's Fresh Vegetable Burger</b> with chunky in house potato wedges	Wheat, celery, milk, soya
	Dessert	<b>Warm brownie squares</b> with hidden sweet potato (Shhh)	Milk, wheat, eggs, soya sulphites
Wednesday 4 <sup>th</sup> Feb	Meat	<b>Beef Lasagne</b> Traditional beef lasagne recipe made from scratch including a slow cooked bolognese sauce packed with hidden veggies, and	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>Fruit yoghurts</b> (Gluten Free)	Frubes/Choobs
Thursday 5 <sup>th</sup> Feb	Veg	<b>Vegetarian Only</b>  <b>Classic Green Pesto Pasta</b> Freshly prepared pesto with spinach, basil, olive oil and sautéed garlic (No Nuts)	Wheat, celery, milk
	Dessert	<b>Pineapple Upside Down Traybake</b> A soft, golden cake topped with sweet pineapple rings	Wheat, milk
Friday 6 <sup>th</sup> Feb	Meat	<b>Crispy Fish Goujons</b> Served with chunky chips, peas and sweetcorn, plus our special MunchBox ketchup for dipping fun	Fish, wheat, egg, milk, celery
	Veg	<b>Crispy Veggie Goujons</b> Served with chunky chips, peas and sweetcorn, plus our special MunchBox ketchup for dipping fun	Wheat, egg, milk, celery, soya
	Dessert	<b>Freshly Baked Warm Apple Pie</b>	Wheat, milk, eggs, sulphites

# Week 6 - 9<sup>th</sup> Feb

Day	Meal	Description	Allergens
Monday 9 <sup>th</sup> Feb	Meat	<b>Mini Turkey Meatballs</b> Served with a fresh Mediterranean sauce on a bed of fluffy fragrant rice <small>(Gluten Free)</small>	Celery, egg
	Veg	<b>Veggie Meatballs</b> Served with a fresh Mediterranean sauce on a bed of fluffy fragrant rice <small>(Gluten Free)</small>	Soya, celery
	Dessert	<b>Oatie Apple Crumble</b>	GF flour, milk, egg
Tuesday 10 <sup>th</sup> Feb	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>Oat and choc chip cookie</b> Freshly baked in-house	Milk, wheat, milk, soy
Wednesday 11 <sup>th</sup> Feb	Meat	<b>Home Style Sausage, Mash &amp; Gravy</b> Juicy sausages served with soft mash and sweet petit pois <small>(Gluten Free)</small>	Milk, celery, sulphites
	Veg	<b>Home Style Veggie Sausage &amp; Mash</b> Our in- house veggie sausages served with soft mash and sweet petit pois <small>(Gluten Free)</small>	Milk, celery, soy
	Dessert	<b>Warm Banana Bread</b> Freshly baked and served while still warm	GF flour, milk, egg
Thursday 12 <sup>th</sup> Feb	Veg	<b>Vegetarian Only</b> <b>Roasted vegetable Lasagne</b> Traditional vegetable lasagne recipe made from scratch packed with hidden veggies and a bechamel sauce	Wheat, milk, celery
	Dessert	<b>Fruit Yoghurt &amp; Fresh Fruit</b>	Frubes - See packaging
Friday 13th Feb <b>END OF TERM</b>	Meat	<b>Giant Fish Finger &amp; Potato Wedges</b> White Fish coated in breadcrumbs served with corn cobettes and our in-house MunchBox Ketchup	Fish, wheat, egg, milk, celery, soya
	Veg	<b>Giant Crispy Veggie Finger &amp; Potato Wedges</b> Mixed vegetables fingers coated in breadcrumbs served with corn cobettes with our in-house MunchBox Ketchup	Wheat, egg, milk, celery, soya
	Dessert	<b>Happy Valentines Chef's surprise</b>	Wheat, milk, eggs, sulphites, soya