

Week 1– 6th Jan 26

Day	Meal	Description	Allergens
Monday 5 th Jan	Meat	INSET DAY	
	Veg	INSET DAY	
	Dessert	INSET DAY	
Tuesday 6 th Jan	Meat	Popcorn Chicken Our infamous Popcorn Chicken served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, milk, egg, celery, sulphites
	Veg	Vegetable Popcorn Bites Our Popcorn vegetable bites served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk, egg
	Dessert	Warm Banana Bread	Wheat, milk, egg
Wednesday 7 th Jan	Meat	Pasta Bolgnese 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	Vegetable Penne Pasta Penne pasta mixed with vibrant fresh vegetables, herbs, garlic and tomatoes (Gluten free pasta available upon request)	Milk, wheat, celery
	Dessert	Coconut & Jam Traybake	Milk, eggs, wheat
Thursday 8 th Jan	Veg	Vegetarian Only Margherita Pizza Fresh pizza dough with tangy in house tomato sauce, mozzarella and herbs served with a corn cobette.	Wheat, celery, milk
	Dessert	Warm Lemon Drizzle Slice A soft, sweet slice of lemony cake with a yummy drizzle	Wheat, egg, milk
Friday 9 th Jan	Meat	Chippie-Style Fish & Chips 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	Crispy Veggie Fingers & Chips 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	Warm Rice Pudding Cups	Egg, milk

Week 2– 12th Jan

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

Week 3 – 19th Jan

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

Week 4– 26th Jan

Day	Meal	Description	Allergens
Monday 26 th Jan	Meat	Bacon & Mushroom Risotto A warm, creamy rice dish mixed with tasty finely cut mushrooms and crispy bits of bacon (Gluten Free)	Milk, celery
	Veg	Mushroom Risotto A warm, creamy rice dish mixed with tasty finely cut mushrooms (Gluten Free)	Milk, celery
	Dessert	Berry Oat Crumble Sweet, juicy berries topped with an oat crumble — warm and yummy on a winter day!	GF flour, milk, egg
Tuesday 27 th Jan	Meat	Popcorn Chicken Our infamous Popcorn Chicken served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, milk, egg, celery, sulphite,
	Veg	Vegetable Popcorn Bites Our Popcorn vegetable bites served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk, egg
	Dessert	Warm Banana Bread	Wheat, milk, egg
Wednesday 28 th Jan	Meat	Pasta Bolgnese 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	Vegetable Penne Pasta Penne pasta mixed with vibrant fresh vegetables, herbs, garlic and tomatoes (Gluten free pasta available upon request)	Milk, wheat, celery
	Dessert	Coconut & Jam Traybake	Milk, eggs, wheat
Thursday 29 th Jan	Veg	Vegetarian Only Margherita Pizza Fresh pizza dough with tangy in house tomato sauce, mozzarella and herbs served with a corn cobette.	Wheat, celery, milk
	Dessert	Warm Lemon Drizzle Slice A soft, sweet slice of lemony cake with a yummy drizzle	Wheat, egg, milk
Friday 30 th Jan	Meat	Chippie-Style Fish & Chips 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	Crispy Veggie Fingers & Chips 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	Warm Rice Pudding Cups	Egg, milk

Week 5 – 2nd Feb

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

Week 6 - 9th Feb

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