

Week 1– 3rd November

Day	Meal	Description	Allergens
Monday 3 rd Nov	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	Warm Banana Bread Freshly baked and served while still warm (Gluten Free)	GF flour, milk, egg
Tuesday 4 th Nov	Meat	Hot Dog A juicy pork sausage nestled in a soft bun served with a corn cobette and MunchBox ketchup	Milk, wheat, celery, sulphites
	Veg	Veggie Dog A freshly prepared veggie sausage in a soft bun with a corn cobette and MunchBox ketchup	Milk, wheat, celery
	Dessert	Sweet Popcorn Bag & Fruit Yoghurts	Frubes -see packaging
Wednesday 5 th Nov GUY FAWKES SPECIAL	Meat	Roast Chicken Succulent honey and garlic roast chicken served with roast potatoes and seasonal vegetables (Gluten Free)	Milk, celery, sulphites
	Veg	Veggie Roast Succulent honey and garlic roast Quorn fillet served with roast potatoes and seasonal vegetables (Gluten Free)	Milk, celery
	Dessert	Goopy Bonfire S'more Our in house S'mores made with marshmallows, milk chocolate and biscuits (Gluten free available on request)	Wheat, milk, egg
Thursday 6 th Nov	Veg	Vegetarian Only Hidden Veggie Pasta Bake A tomato based pasta bake full of hidden coloured veg with a light sprinkling of cheese on top	Wheat, milk, celery
	Dessert	Fresh fruit	
Friday 7 th Nov	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	Bourbon Biscuits Our own in house Bourbon Biscuits – but without the nasties!	Wheat, egg, milk

Week 2– 10th November

Day	Meal	Description	Allergens
Monday 10 th Nov	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	Rice Crispie Squares (Gluten Free)	Soya, milk, barley
Tuesday 11 th Nov	Meat	Chef's Fresh Beef Burger with chunky potato wedges and salad sticks (Gluten Free buns available upon request)	Wheat, celery, milk, soya
	Veg	Chef's Fresh Vegetable Burger with chunky potato wedges and salad sticks (Gluten Free buns available upon request)	Wheat, celery, milk, soya
	Dessert	Oat and Choc Chip Cookie (Gluten Free available upon request)	Milk, wheat
Wednesday 12 th Nov	Meat	Popcorn Chicken Our infamous Popcorn Chicken served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk, mustard, egg
	Veg	Vegetable Popcorn Bites Our Popcorn vegetable bites served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk, egg
	Dessert	Mini Vanilla Muffin	Wheat, egg, milk, eggs
Thursday 13 th Nov	Veg	Vegetarian Only Margherita Pizza Fresh pizza dough with tangy in house tomato sauce, mozzarella and herbs served with a seasonal salad.	Wheat, celery, milk
	Dessert	Fresh Fruit and Yoghurt	See packaging
Friday 14 th Nov	Meat	Breaded Fish Goujons A mix of salmon and white fish goujons, fresh fries, sweet garden peas & MunchBox Ketchup	Fish, wheat, egg, milk, celery
	Veg	Breaded Veg Goujons Served with fresh fries, sweet garden peas & MunchBox Ketchup	Wheat, egg, milk, celery, soya
	Dessert	Warm Fruit Crumble Pots Freshly baked in-house	Milk, wheat, milk, soya

Week 3 – 17th November

Day	Meal	Description	Allergens
Monday 17 th Nov	Meat	Pasta Bolgnese A rich and savoury meat sauce made from minced beef, tomatoes, garlic and herbs served with Penne pasta	Wheat, celery, sulphites
	Veg	Vegetable Penne Pasta Penne pasta mixed with vibrant fresh vegetables, herbs, garlic and tomatoes	Wheat, celery
	Dessert	Chef's Swiss Roll & Apple slices	Wheat, milk, egg
Tuesday 18 th Nov	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	Chocolate Brownie with hidden sweet potato	Egg, milk, wheat, soya
Wednesday 19 th Nov	Meat	Chicken & Broccoli Fried Rice Tender pieces of chicken stir-fried with fresh broccoli florets served on lightly fried Chinese rice. (Gluten free)	Celery, soya
	Veg	Vegetable and Egg Fried Rice Fresh seasonal vegetables tossed and served on lightly egg fried Chinese rice. (Gluten free)	Celery, soya
	Dessert	Fresh Fruit Salad	
Thursday 20 th Nov	Veg	Vegetarian Only Fluffy Jacket Potatoes Crispy baked potato skins, in house churned butter with cheese and/ or beans served with crunchy crudites (Gluten Free)	Milk, celery
	Dessert	Fruit Yoghurt	Frubes - See packaging
Friday 21 st Nov	Meat	Giant Fish Finger & Potato Wedges White Fish coated in breadcrumbs served with peas & sweetcorn with 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 peas & sweetcorn with our in-house MunchBox Ketchup	Wheat, egg, milk, celery, soya
	Dessert	Dark Choc Chip Cookie Bites Freshly baked in house	Wheat, milk, soya

Week 4– 24th November

Day	Meal	Description	Allergens
Monday 24 th Nov	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	Warm Banana Bread Freshly baked and served while still warm	GF flour, milk, egg
Tuesday 25 th Nov	Meat	Hot Dog A juicy pork sausage nestled in a soft bun served with a corn cobette and MunchBox ketchup	Milk, wheat, celery, sulphites
	Veg	Veggie Dog A freshly prepared veggie sausage in a soft bun with a corn cobette and MunchBox ketchup	Milk, wheat, celery
	Dessert	Vanilla Cupcake	Wheat, egg, milk
Wednesday 26 th Nov	Meat	Roast Chicken Succulent honey and garlic roast chicken served with roast potatoes and seasonal vegetables (Gluten Free)	Milk, celery, sulphites
	Veg	Veggie Roast Succulent honey and garlic roast Quorn fillet served with roast potatoes and seasonal vegetables (Gluten Free)	Milk, celery
	Dessert	Sweet Popcorn Bag & Fruit Yoghurts	Frubes See packaging
Thursday 27 th Nov	Veg	Vegetarian Only Hidden Veggie Pasta Bake A tomato based pasta bake full of hidden coloured veg with a light sprinkling of cheese on top	Wheat, milk, celery
	Dessert	Fresh fruit	
Friday 28 th Nov	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	Bourbon Biscuits Our own in house Bourbon Biscuits – but without the nasties!	Wheat, egg, milk

Week 5 – 1st December

Day	Meal	Description	Allergens
Monday 1 st Dec	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	Rice Crispie Squares (Gluten Free)	Soya, milk, barley
Tuesday 2 nd Dec	Meat	Chef's Fresh Beef Burger with chunky potato wedges and salad sticks (Gluten Free buns available upon request)	Wheat, celery, milk, soya
	Veg	Chef's Fresh Vegetable Burger with chunky potato wedges and salad sticks (Gluten Free buns available upon request)	Wheat, celery, milk, soya
	Dessert	Oat and Choc Chip Cookie (Gluten Free available upon request)	Milk, wheat
Wednesday 3 rd Dec	Meat	Popcorn Chicken Our infamous Popcorn Chicken served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk, mustard, egg
	Veg	Vegetable Popcorn Bites Our Popcorn vegetable bites served with garlic bread, a corn cobette and MunchBox ketchup	Wheat, celery, milk, egg
	Dessert	Mini Vanilla Muffin	Wheat, egg, milk, eggs
Thursday 4 th Dec	Veg	Vegetarian Only Margherita Pizza Fresh pizza dough with tangy in house tomato sauce, mozzarella and herbs served with a seasonal salad.	Wheat, celery, milk
	Dessert	Fresh Fruit and Yoghurt	See packaging Frubes
Friday 5 th Dec	Meat	Breaded Fish Goujons A mix of salmon and white fish goujons, fresh fries, sweet garden peas & MunchBox Ketchup	Fish, wheat, egg, milk, celery
	Veg	Breaded Veg Goujons Served with fresh fries, sweet garden peas & MunchBox Ketchup	Wheat, egg, milk, celery, soya
	Dessert	Warm Fruit Crumble Pots Freshly baked in-house	Milk, wheat, milk, soya

Week 6– 8th December

Day	Meal	Description	Allergens
Monday 8 th Dec	Meat	Pasta Bolognese A rich and savoury meat sauce made from minced beef, tomatoes, garlic and herbs served with Penne pasta	Wheat, celery, sulphites
	Veg	Vegetable Penne Pasta Penne pasta mixed with vibrant fresh vegetables, herbs, garlic and tomatoes	Wheat, celery
	Dessert	Chef's Swiss Roll & Apple slices	Wheat, egg, milk
Tuesday 9 th Dec	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	Chocolate Brownie with hidden sweet potato	Egg, milk, wheat, soya
Wednesday 10 th Dec	Meat	Chicken & Broccoli Fried Rice Tender pieces of chicken stir-fried with fresh broccoli florets served on lightly fried Chinese rice. (Gluten free)	Celery, soya
	Veg	Vegetable and Egg Fried Rice Fresh seasonal vegetables tossed and served on lightly egg fried Chinese rice. (Gluten free)	Celery, soya
	Dessert	Fresh Fruit Salad	
Thursday 11 th Dec	Veg	Vegetarian Only Fluffy Jacket Potatoes Crispy baked potato skins, in house churned butter with cheese and/ or beans served with crunchy crudites (Gluten Free)	Milk, celery
	Dessert	Fruit Yoghurt	Frubes - See packaging
Friday 12 th Dec	Meat	Giant Fish Finger & Potato Wedges White Fish coated in breadcrumbs served with peas & sweetcorn with 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 peas & sweetcorn with our in-house MunchBox Ketchup	Wheat, egg, milk, celery, soya
	Dessert	Dark Choc Chip Cookie Bites Freshly baked in house	Soya, wheat, milk

Week 7 – 15th December

Day	Meal	Description	Allergens
Monday 15 th Dec	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	Warm Banana Bread Freshly baked and served while still warm (Gluten Free)	GF flour, milk, egg
Tuesday 16 th Dec	Meat	Hot Dog A juicy pork sausage nestled in a soft bun served with a corn cobette and MunchBox ketchup	Milk, wheat, celery, sulphites
	Veg	Veggie Dog A freshly prepared veggie sausage in a soft bun with a corn cobette and MunchBox ketchup	Milk, wheat, celery
	Dessert	Vanilla Cupcake Freshly baked in house	Wheat, egg, milk
Wednesday 17 th Dec FESTIVE MEAL	Meat	Santa's little Roast Turkey Plate Succulent roast turkey slices served with crispy roast potatoes, mini chipolatas, festive vegetables & optional gravy (Gluten Free available upon request)	Milk, wheat, celery, sulphites
	Veg	Santa's little Veggie Roast Succulent roast Quorn slices served with crispy roast potatoes, festive vegetables, Yorkshire pudding & optional gravy (Gluten Free available upon request)	Milk, wheat, celery
	Dessert	Festive Chocolate logs (Gluten Free available upon request)	Wheat, milk, eggs, soya
Thursday 18 th Dec	Veg	Vegetarian Only Hidden Veggie Pasta Bake A tomato based pasta bake full of hidden coloured veg with a light sprinkling of cheese on top	Wheat, milk, celery
	Dessert	Fresh fruit	
Friday 19 th Dec END OF TERM 1.30PM FINISH	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	Bourbon Biscuits Our own in house Bourbon Biscuits – but without the nasties!	Wheat, egg, milk