

Week 1	Grazebrook	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Monday	Balti chicken, spiced rice, cauliflower & peas									✓			✓		
	Vegetable Martinique curry, brown rice & peas									✓	✓		✓		
Tuesday	Chicken or Margarita pizza, cous cous & mixed salad	✓		✓			✓	✓		✓					
	Mushroom, spinach, cannellini bean & brown rice stuffed peppers & mixed bean salad							✓							
	Banana flapjack	✓						✓							
Wednesday	Roast chicken, stuffing, roast potatoes, broccoli, carrots & gravy	✓													
	Artichoke & parmesan tart, roasted veg and broccoli	✓		✓				✓							
Thursday	Beef moussaka, sweetcorn and herb flat bread	✓						✓							
	Leek & mushroom macaroni pasta, herb flat bread	✓						✓			✓				
	Lemon sponge, custard	✓		✓			✓	✓							
Friday	Battered cod, oven chips and baked beans or peas	✓			✓			✓							
	Vegetable samosa, mango chutney, coconut rice (contains chick peas)	✓								✓			✓		
	Ice cream							✓							
Every day	Jacket potato - cheese							✓							
	Jacket potato - tuna mayo			✓	✓										
	Jacket potato - baked beans														
	Various jacket potato fillings - please check allergens	*	*	*	*	*	*	*	*	*	*	*	*	*	*
	Bread	✓		✓								✓			
	Cut fruit - various														
Organic yoghurt							✓								

Week 2	Grazebrook	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Monday	Spiced BBQ chicken, basmati rice, corn on the cob	✓		✓			✓	✓		✓	✓				
	Vegetable stir fry, noodles, haricot beans	✓		✓			✓								
Tuesday	Beef bolognese, spaghetti and broccoli	✓						✓		✓					
	Cauliflower & potato cheese with broccoli	✓						✓			✓				
	Farmhouse fruit cake, custard	✓		✓			✓	✓							
Wednesday	Lemon & thyme roasted chicken with parsley new potatoes & veg medley							✓							
	Turkish style stuffed aubergine & cheese bake, brown rice, slaw salad							✓		✓			✓		
Thursday	Beef burger in a bun, wedges, mixed salad or baked beans	✓										✓			
	Meat free burger in a bun, wedges, mixed salad or baked beans	✓		✓				✓				✓			
	Oat flake tart	✓						✓							
Friday	Omega 3 fish with fresh garden herb crust, oven chips, sweetcorn & peas	✓			✓			✓							
	Vegetable and bean burrito, oven chips, sweetcorn & peas	✓						✓							
	Peaches & cream							✓							
Every day	Jacket potato - cheese							✓							
	Jacket potato - tuna mayo			✓	✓										
	Jacket potato - baked beans														
	Various jacket potato fillings - please check allergens	*	*	*	*	*	*	*	*	*	*	*	*	*	*
	Bread	✓		✓								✓			
	Cut fruit - various														
	Organic yoghurt							✓							

Week 3	Grazebrook	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Monday	Mexican Spiced chicken, Jambalaya rice, green beans & carrots									✓					
	Chick pea & aubergine, Jambalay rice, green beans & carrots									✓					
Tuesday	Chicken sausage, bubble & squeak, peas, onion gravy	✓						✓							
	Quorn sausage, bubble & squeak, peas, onion gravy	✓		✓				✓							
	Apple & winter berry crumble, custard	✓		✓			✓	✓							
Wednesday	Beef, Yorkshire pudding, roast potatoes, cauliflower, savoy cabbage, gravy	✓		✓				✓							
	Sweet potato & lentil dahl, naan bread & brown rice	✓						✓		✓			✓		
Thursday	Beef lasagne, steamed vegetables	✓						✓		✓	✓				
	Vegetable & lentil lasagne, steam vegetables	✓		✓				✓		✓	✓				
	Ginger biscuits	✓						✓							
Friday	Battered cod, oven chips, minted pea puree or baked beans	✓			✓			✓							
	Vegetable & bean spring roll, sweet chilli sauce, oven chips	✓					✓					✓			
	Ice cream							✓							
Every day	Jacket potato - cheese							✓							
	Jacket potato - tuna mayo			✓	✓										
	Jacket potato - baked beans														
	Various jacket potato fillings - please check allergens	*	*	*	*	*	*	*	*	*	*	*	*	*	*
	Bread	✓		✓								✓			
	Cut fruit - various														
	Organic yoghurt							✓							