







	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 03/01/2022 24/01/2022 14/02/2022 14/03/2022 04/04/2022	Option 1	Tomato & Vegetable NGCI Pasta 	Jerk Chicken with Rice 	Roast Beef, Roast Potatoes & Gravy	Jacket Potato with a choice of fillings	NGCI MSC Fish Finger with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	Jacket Potato with a choice of fillings		Jacket Potato with Baked Beans Cheese or Tuna Mayonnaise	Jacket Potato with a choice of fillings
	Vegetables	Cucumber Rainbow Slaw	Sweet Corn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	NGCI Italian Chocolate Cake with Custard	NGCI Vanilla Shortbread	Fresh Fruit & Yoghurt Station (No Granola or Crumble)	NGCI Chocolate Shortbread	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						












Week Two 10/01/2022 31/01/2022 28/02/2022 21/03/2022	Option 1	NGCI Macaroni Cheese	NGCI Pasta Bolognaise 	Roast Chicken, Roast Potatoes & Gravy (No Stuffing)	Chef James Chicken Jollof Rice 	NGCI MSC Fish Finger with Chips & Tomato Sauce
	Option 2	Jacket Potato with a choice of fillings	Vegan NGCI Pasta Bolognaise 	Jacket Potato with a choice of fillings	Vegan Burger NO BUN with Wedges & Tomato Sauce 	
	Vegetables	Sweet Corn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweet Corn	Peas Baked Beans
	Dessert	Apple & Berry NGCI Crumble with Ice Cream 	NGCI Italian Vanilla Cake	Fresh Fruit & Yoghurt Station (No Granola or Crumble)	NGCI Chocolate & Beetroot Brownie	Apple & Cheese (NO CRACKERS)
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three 17/01/2022 07/02/2022 07/03/2022 28/03/2022	Option 1	Jacket Potato with a choice of fillings	Chicken Fajita Mix (NO WRAP) with Rice 	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage NO BUN with Potato Wedges (Check Sausages)	NGCI MSC Fish Finger with Chips & Tomato Sauce
	Option 2	NGCI Cheese & Tomato Pizza 	Vegetable Enchilada (NO WRAP) with Rice	Jacket Potato with a choice of fillings	Vegan Sausage NO BUN with Potato Wedges 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweet Corn	Carrot Broccoli	Sweet Corn Tomato Salsa	Peas Baked Beans
	Dessert	NGCI Italian Vanilla Cake	Raspberry Jelly & Mandarins 	Fresh Fruit & Yoghurt Station (No Granola or Crumble)	NGCI Italian Vanilla Cake	NGCI Chocolate Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						











Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
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	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 03/01/2022 24/01/2022 14/02/2022 14/03/2022 04/04/2022	Option 1	Tomato & Vegetable Pasta 	Jerk Chicken with Rice 	Roast Beef, Roast Potatoes & Gravy	Chinese Chicken Curry with Rice  	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice  	Vegetable Wellington with Roast Potatoes & Gravy 	Sweet & Sour Noodles	Vegan Mexican Roll with Chips & Tomato Sauce 
	Vegetables	Cucumber Rainbow Slaw	Sweet Corn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack  	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie 	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						












Week Two 10/01/2022 31/01/2022 28/02/2022 21/03/2022	Option 1	Macaroni Cheese	Spaghetti Bolognaise 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chef James Chicken Jollof Rice 	Fish Fingers or Salmon Fish Fingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice  	Vegan Spaghetti Bolognaise 	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 	Vegan Burger (NO BUN) with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips
	Vegetables	Sweet Corn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweet Corn	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream 	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three 17/01/2022 07/02/2022 07/03/2022 28/03/2022	Option 1	Falafel with Lemon & Herb Couscous 	Chicken Fajitas with Rice  	Roast Turkey, Roast Potatoes & Gravy	Pork Sausages (NO BUN) with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Cheese & Tomato Pizza 	Vegetable Enchiladas with Rice  	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Vegan Sausages (NO BUN) with Potato Wedges 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweet Corn	Carrot Broccoli	Sweet Corn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins 	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Custard	Chocolate Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						











Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
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	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 03/01/2022 24/01/2022 14/02/2022 14/03/2022 04/04/2022	Option 1	Tomato & Vegetable Pasta 	Jerk Chicken with Rice 	Roast Beef, Roast Potatoes & Gravy	Chinese Chicken Curry with Rice  	Breaded Fish with Chips & Tomato Sauce
	Option 2	Jacket Potato with a choice of fillings	BBQ Quorn Fillet with Rice  	Vegetable Wellington with Roast Potatoes & Gravy 	Jacket Potato with a choice of fillings	Vegan Mexican Roll with Chips & Tomato Sauce 
	Vegetables	Cucumber Rainbow Slaw	Sweet Corn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	NGCI Italian Vanilla Cake with Custard	Apple & Raisin Flapjack  	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie 	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						












Week Two 10/01/2022 31/01/2022 28/02/2022 21/03/2022	Option 1	Macaroni Cheese	Spaghetti Bolognaise 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chef James Chick  Jollof Rice	Fish Fingers or Salmon Fish Fingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice  	Vegan Spaghetti Bolognaise 	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 	Vegan Burger in a Bun with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips
	Vegetables	Sweet Corn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweet Corn	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream 	NGCI Italian Vanilla Cake	Fresh Fruit & Yoghurt Station	NGCI Italian Chocolate Cake with Chocolate Sauce	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						



Week Three 17/01/2022 07/02/2022 07/03/2022 28/03/2022	Option 1	Falafel with Lemon & Herb Couscous 	Chicken Fajitas with Rice 	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Cheese & Tomato Pizza  	Vegetable Enchiladas with Rice 	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Vegan Sausage Hot Dog with Potato Wedges 	Jacket Potato with a choice of fillings
	Vegetables	Green Beans Carrot & Beetroot Slaw	Mixed Vegetables Sweet Corn 	Carrot Broccoli	Sweet Corn Tomato Salsa	Peas Baked Beans 
	Dessert	NGCI Italian Vanilla Cake	Raspberry Jelly & Mandarins	Fresh Fruit & Yoghurt Station	NGCI Italian Vanilla Cake with Custard	Chocolate Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						









Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
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	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 03/01/2022 24/01/2022 14/02/2022 14/03/2022 04/04/2022	Option 1	Tomato & Vegetable Pasta (NO CHEESE) 	Jerk Chicken with Rice 	Roast Beef, Roast Potatoes & Gravy	Chinese Chicken Curry with Rice  	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes (NO MILK)	BBQ Quorn Fillet with Rice  	Vegetable Wellington with Roast Potatoes & Gravy 	Sweet & Sour Noodles	Vegan Mexican Roll with Chips & Tomato Sauce 
	Vegetables	Cucumber Rainbow Slaw	Sweet Corn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Carrot & Courgette Cake	Apple & Raisin Flapjack  	Fresh Fruit (NO YOGHURT)	Orange & Cinnamon Cookie 	Peaches (NO ICE CREAM)
Or a choice of Fresh Fruit available daily						

Week Two 10/01/2022 31/01/2022 28/02/2022 21/03/2022	Option 1	Jacket Potato with a choice of fillings	Spaghetti Bolognaise 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chef James Chicken Jollof Rice 	Fish Fingers or Salmon Fish Fingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice  	Vegan Spaghetti Bolognaise 	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 	Vegan Burger in a Bun with Wedges & Tomato Sauce 	Jacket Potato with a choice of fillings
	Vegetables	Sweet Corn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweet Corn	Peas Baked Beans
	Dessert	Apple & Berry Crumble  (NO ICE CREAM)	Lemon Drizzle Cake	Fresh Fruit (NO YOGHURT)	Chocolate & Beetroot Brownie (NO CHOCOLATE SAUCE)	Apple & Crackers (NO CHEESE)
Or a choice of Fresh Fruit available daily						










Week Three 17/01/2022 07/02/2022 07/03/2022 28/03/2022	Option 1	Falafel with Lemon & Herb Couscous   	Chicken Fajitas with Rice 	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Vegan Sausage Hot Dog with Potato Wedges 	Jacket Potato with a choice of fillings
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweet Corn	Carrot Broccoli	Sweet Corn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins 	Fresh Fruit (NO YOGHURT)	Pineapple Loaf (NO CUSTARD)	Chocolate Shortbread 
Or a choice of Fresh Fruit available daily						

Available Daily:









- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

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	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 03/01/2022 24/01/2022 14/02/2022 14/03/2022 04/04/2022	Option 1	Tomato & Vegetable Pasta 	Jerk Chicken with Rice 	Roast Beef, Roast Potatoes & Gravy	Jacket Potato with a choice of fillings	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice  	Vegetable Wellington with Roast Potatoes & Gravy 	Sweet & Sour Noodles	Vegan Mexican Roll with Chips & Tomato Sauce 
	Vegetables	Cucumber Rainbow Slaw	Sweet Corn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack  	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie 	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two 10/01/2022 31/01/2022 28/02/2022 21/03/2022	Option 1	Macaroni Cheese	Spaghetti Bolognaise 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chef James Chicken Jollof Rice 	Fish Fingers or Salmon Fish Fingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice  	Jacket Potato with a choice of fillings	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 	Vegan Burger in a Bun with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips
	Vegetables	Sweet Corn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweet Corn	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream 	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three 17/01/2022 07/02/2022 07/03/2022 28/03/2022	Option 1	Falafel with Lemon & Herb Couscous 	Chicken Fajitas with Rice  	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Jacket Potato with a choice of fillings	Vegetable Enchiladas with Rice 	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Vegan Sausage Hot Dog with Potato Wedges 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweet Corn	Carrot Broccoli	Sweet Corn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins 	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Custard	Chocolate Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

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	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 03/01/2022 24/01/2022 14/02/2022 14/03/2022 04/04/2022	Option 1	Tomato Pasta	Jerk Chicken with Rice	Roast Beef, Roast Potatoes & Gravy	Chinese Chicken Curry with Rice	
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice	Vegetable Wellington with Roast Potatoes & Gravy	Sweet & Sour Noodles	Vegan Mexican Roll with Chips & Tomato Sauce
	Vegetables	Cucumber Rainbow Slaw	Sweet Corn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two 10/01/2022 31/01/2022 28/02/2022 21/03/2022	Option 1	Macaroni Cheese	Spaghetti Bolognaise	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chef James Chicken Jollof Rice	
	Option 2	Vegetable Curry with Rice	Vegan Spaghetti Bolognaise	Roast Quorn, Roast Potatoes, Stuffing, & Gravy	Vegan Burger in a Bun with Wedges & Tomato Sauce	Cheese & Bean Pasty with Chips
	Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweet Corn	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three 17/01/2022 07/02/2022 07/03/2022 28/03/2022	Option 1	Falafel with Lemon & Herb Couscous	Chicken Fajitas with Rice	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	
	Option 2	Cheese & Tomato Pizza	Vegetable Enchiladas with Rice	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy	Vegan Sausage Hot Dog with Potato Wedges	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweet Corn	Carrot Broccoli	Sweet Corn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Custard	Chocolate Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (**No Tuna Mayonnaise**)
- Bread freshly baked on site daily
- Daily salad selection

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Week One 03/01/2022 24/01/2022 14/02/2022 14/03/2022 04/04/2022	Option 1		Jerk Chicken with Rice	Roast Beef, Roast Potatoes & Gravy	Breaded Fish with Chips & Tomato Sauce	
	Option 2	Spanish Omelette with New Potatoes			Sweet & Sour Noodles	Vegan Mexican Roll with Chips & Tomato Sauce
	Vegetables	Cucumber Rainbow Slaw	Sweet Corn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two 10/01/2022 31/01/2022 28/02/2022 21/03/2022	Option 1	Macaroni Cheese		Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chef James Chicken Jollof Rice	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2		Jacket Potato with Baked Beans, Tuna Mayonnaise or Cheese		Vegan Burger in a Bun with Wedges & Tomato Sauce	Cheese & Bean Pasty with Chips
	Vegetables	Sweet Corn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweet Corn	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three 17/01/2022 07/02/2022 07/03/2022 28/03/2022	Option 1	Jacket Potato with Baked Beans, Tuna Mayonnaise or Cheese	Chicken Fajitas with Rice	Roast Turkey, Roast Potatoes & Gravy		Fish in Batter with Chips & Tomato Sauce
	Option 2		Vegetable Enchiladas with Rice		Vegan Sausage Hot Dog with Potato Wedges	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweet Corn	Carrots Broccoli	Sweet Corn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Custard	Chocolate Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Daily salad selection

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