

	Monday	Tuesday	Wednesday	Thursday	Friday			
<b>Week 1</b>  <b>W/c</b>  <b>7.1.19</b>	BBQ Chicken Served with Rice, Peas & Sweetcorn  Mixed Bean Casserole Served with Rice, Peas & Sweetcorn  Cream Cheese filled Croissant with Crudites, Dried Fruit & Fruit Yoghurt  Jacket Potato with Cheese/Beans  Ice Cream & Wafer or Fruit Yoghurt	Fish Cake with Herby Diced Potatoes, Peas & Ketchup  Country Veg Bakes, Herby Diced Potatoes, Peas & Ketchup  Hot Cheese & Ham Deli Roll, Crudites, Banana & Bread Sticks  Jacket Potato with Cheesy Coleslaw  Sticky Chocolate Cake or Fruit Yoghurt	Roast Lincolnshire Gammon with Gravy, Roast Potatoes, Broccoli & Carrots  Quorn Pasties with Roast Potatoes, Broccoli & Carrots  Cheese Sandwich, Crudites, Mini Cheddars & Chocolate Brioche  Jacket Potato with Chicken & Sweetcorn Mayonnaise  Fruit Yoghurt or Fruit	Bolognaise with Pasta, Salad & Garlic Bread  Cheesy Quorn, Tomato & Basil Pasta Bake served with Salad  Ham Sandwich, Cheese Portion, Bread Sticks & Flapjack  Jacket Potato with Cheese/Beans  Apple Crumble Slice & Custard (FBD) or Fruit Yoghurt	Lincolnshire Sausage with Beans & Mashed Potato  Quorn Sausage with Beans & Mashed Potato  Chicken Sandwich, Crudites, Cream Cracker & Cookies  Jacket Potato with Bolognaise  Banana Drizzle Loaf (FBD) or Fruit Yoghurt	** Vegetables are subject to seasonality & Rice, Pasta and Pizza Bases are Wholegrain or 50/50.  ** All our meat is sourced from our onsite Butchers Shop  ** Bread, Fruit and Water available for all children		
	<b>Week 2</b>  <b>W/c</b>  <b>14.1.19</b>	Mild Chilli Beef with Rice & Mini Mixed Veg  Cheesy Vegetable Pasta with Mixed Veg  Ham Sandwich, Cheese Portion, Bread Sticks & Flapjack  Jacket Potato with Cheese/Beans  American Pancakes & Chocolate Sauce Fresh Fruit	Turkey Meat Balls in Rich Tomato & Basil Sauce, Pasta with Peas & Sweetcorn  Quorn Meat Balls in Tomato & Basil Sauce, Pasta, Peas & Sweetcorn  Chicken Sandwich, Crudites, Cream Cracker & Cookies  Jacket Potato with Tuna Mayonnaise  Toffee Apple Sponge with Custard (FBD) or Fresh Fruit	Roast Chicken with Gravy, Roast Potatoes, Cabbage & Carrots  Stuffed Peppers with Roast Potatoes, Cabbage & Carrots  Cream Cheese filled Croissant with Crudites, Dried Fruit & Fruit Yoghurt  Jacket Potato with Chicken & Sweetcorn Mayonnaise  Fruit Yoghurt or Fresh Fruit	Chicken Burger, Hash Brown Puffs & Baked Beans  Veggie Burger, Hash Brown Puffs & Baked Beans  Cheese Sandwich, Crudites, Mini Cheddars & Chocolate Brioche  Jacket Potato with Chicken Curry  Jelly & Fruit (FBD) or Fresh Fruit	Meaty Beef Lasagne with Garlic Bread & Mixed Salad  Quorn Lasagne, Garlic Bread & Mixed Salad  Hot Cheese & Ham Deli Roll, Crudites, Banana & Bread Sticks  Jacket Potato with Cheese/Beans  Peach Sponge & Custard (FBD) or Fresh Fruit	All Jacket Potato Fillings are Gluten Free  ** Fish Cakes will contain Salmon at least once every 3 Weeks  All Gravy is Gluten Free	
		<b>Week 3</b>  <b>W/c</b>  <b>21.1.19</b>	Mild Chicken Curry with Rice, Peas & Naan Bread  Macaroni Cheese with Peas  Cream Cheese filled Croissant with Crudites, Dried Fruit & Fruit Yoghurt  Jacket Potato with Cheese/Beans  Ice Cream & Wafer or Fruit Yoghurt	Cheese & Tomato Pizza, Herby Diced Potatoes & Mixed Salad  Vegetable Lasagne with Mixed Salad  Cheese Sandwich, Crudites, Mini Cheddars & Chocolate Brioche  Jacket Potato with Chicken Balti  Iced Mandarin Sponge (FBD) or Fruit Yoghurt	<b>National Pie Day</b> Lincolnshire Beef & Veg Pie, Boiled Potatoes, Cauliflower & Carrots  Quorn Pastie served with Boiled Pots, Cauliflower & Carrots  Ham Sandwich, Cheese Portion, Bread Sticks & Cookie  Jacket Potato with Tuna Mayo  Chocolate Chip Cookie or Fruit Yoghurt	Chicken Nuggets Duchess Potatoes & Beans  Quorn Nuggets with Duchess Potatoes & Beans  Chicken Sandwich, Crudites, Cream Cracker & Cookies  Jacket Potato with Cheese & Coleslaw  Jam Sponge & Custard or Fruit Yoghurt	Lincolnshire Chipolatas with Mashed Potatoes and Green Beans with Gravy  Chickpea Casserole with Mashed Potatoes and Green Beans  Hot Cheese & Ham Deli Roll, Crudites, Banana & Bread Sticks  Jacket Potato with Cheese/Beans  Jelly & Fruit (FBD) or Fruit Yoghurt	Fruit Yoghurts will be Strawberry unless stated  All Sides and Jacket Fillings come separate to the main meal to allow for alergens and special dietary requirements

	Monday	Tuesday	Wednesday	Thursday	Friday			
<b>Week 4</b>  <b>w/c</b>  <b>28.1.19</b>	Fish Cakes, Herby Diced Potatoes, Peas & Ketchup  Cheese & Onion Lattice, Herby Diced Potatoes, Peas & Ketchup  Chicken Sandwich, Crudites, Cream Cracker & Cookie  Jacket Potato with Cheese & Beans  Chocolate Mousse Slice or Fresh Fruit	Cowboy Chicken with Rice, Sweetcorn & Peas  Cheesy Vegetable Pasta with Sweetcorn & Peas  Cream Cheese filled Croissant with Crudites, Dried Fruit & Fruit Yoghurt  Jacket Potato with Coleslaw  Pineapple Sponge & Custard (FBD) or Fresh Fruit	Roast Lincolnshire Gammon with Gravy, Boiled Potatoes, Broccoli and Carrots  Quorn Fillet with Boiled Potatoes, Broccoli and Carrots  Cheese Sandwich, Crudites, Mini Cheddars & Chocolate Brioche  Jacket Potato with Tuna & Sweetcorn Mavonnaise  Ice Cream & Wafer or Fresh Fruit	Lincolnshire Chipolatas with Mashed Potatoes, Green Beans & Gravy  Quorn Sausage, with Mashed Potatoes, Green Beans & Gravy  Hot Cheese & Ham Deli Roll, Crudites, Banana & Bread Sticks  Jacket Potato with Chicken Balti  Chocolate Loaf Cake & Chocolate Custard or Fresh Fruit	Meaty Beef Lasagne with Garlic Bread and Mixed Salad  Vegetarian Pizza with Mixed Salad  Ham Sandwich, Cheese Portion, Bread Sticks & Flapjack  Jacket Potato with Cheese & Beans  Fruit Yoghurt (FBD) or Fresh Fruit	** Vegetables are subject to seasonality & Rice, Pasta and Pizza Bases are Wholegrain or 50/50.  ** All our meat is sourced from our onsite Butchers Shop  ** Bread, Fruit and Water available for all children		
	<b>Week 5</b>  <b>w/c</b>  <b>4.2.19</b>	Chicken & Vegetable Fajita with Rice  Vegetable Chilli with Flat Bread & Rice  Cream Cheese filled Croissant with Crudites, Dried Fruit & Fruit Yoghurt  Jacket Potato with Cheese & Beans  Jelly and Fruit (FBD) or Fruit Yoghurt	<b>Chinese New Year</b> Sweet & Sour Pork with Vegetable Rice  Quorn Mince & Noodles  Ham Sandwich, Cheese Portion, Bread Sticks & Flapjack  Jacket Potato with Chinese Chicken  Chocolate Orange Marble Cake  Fruit Yoghurt	Roast Lincolnshire Turkey, served with Gravy, Roast Potatoes, Carrots & Cabbage  Chickpea Casserole with Roast Potatoes, Carrots & Cabbage  Chicken Sandwich, Crudites, Cream Cracker & Cookies  Jacket Potato with Cheesy Coleslaw  Chocolate Mousse Slice or Fruit Yoghurt	Fish Cake with Beans & Herby Diced Potatoes  Country Veg Bakes with Beans & Herby Diced Potatoes  Hot Cheese & Ham Deli Roll, Crudites, Banana & Bread Sticks  Jacket Potato with Tuna & Sweetcorn Mayonnaise  Ice Cream & Wafer or Fruit Yoghurt	Cottage Pie served with Winter Vegetables  Crispy Cheesy Mashed Potato with Winter Mixed Vegetables  Cheese Sandwich, Crudites, Mini Cheddars & Chocolate Brioche  Jacket Potato with Cheese & Beans  Lemon & Honey Loaf or Fruit Yoghurt	All Jacket Potato Fillings are Gluten Free  ** Fish Cakes will contain Salmon at least once every 3 Weeks  All Gravy is Gluten Free	
		<b>Week 6</b>  <b>w/c</b>  <b>11.2.19</b>	Chicken & Vegetable Casserole with Boiled Potatoes and Peas  Veggie Sausage, with Boiled Potatoes and Peas  Cream Cheese filled Croissant with Crudites, Dried Fruit & Fruit Yoghurt  Jacket Potato with Cheese & Beans  Jam Sponge & Custard (FBD) or Fresh Fruit	Pasta Bolognese with Garlic Bread & Salad  Tomato & Vegetable Pasta with Garlic Bread & Salad  Hot Cheese & Ham Deli Roll, Crudites, Banana & Bread Sticks  Jacket Potato with Chilli Beef  Frozen Yoghurt Pots or Fresh Fruit	<b>Pancake Day</b> Roast Chicken with Gravy, Roast Potatoes & Winter Vegetables  Quorn Pastie with Roast Potatoes & Winter Vegetables  Cheese Sandwich, Crudites, Mini Cheddars & Chocolate Brioche  Jacket Potato with Cheesy Coleslaw  American Pancakes with Chocolate Sauce or Fresh Fruit	<b>Valentines Menu</b> Fish Fingers with Hash Brown Puffs and Spaghetti Hoops  Vegetable Nuggets with Hash Brown Puffs and Spaghetti Hoops  Ham Sandwich, Cheese Portion, Bread Sticks & Flapjack  Jacket Potato with Cheese/Beans  Red Velvet Cake or Fresh Fruit	Cheese & Tomato Pizza with Herby Diced Potatoes, Baked Beans Mediterranean Veg Pizza with Herby Diced Potatoes & Baked Beans  Chicken Sandwich, Crudites, Cream Cracker & Cookies  Jacket Potato with Tuna & Sweetcorn Mayo  Fruit Yoghurts or Fresh Fruit	Fruit Yoghurts will be Strawberry unless stated  All Sides & Jacket Fillings come separate to the main meal to allow for allergens and special dietary requirements



Main Meals	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupins	Molluscs	Vegetarian	
Veggie Burgers	x						x			x					x	
Chicken & Vegetable Fajitas	x		x							x	x					
Veggie Chilli	x					x									x	
Tomato & Vegetable Pasta	x					x	x			x					x	
Mild Chilli Beef	x					x										
Cheesy Vegetable Pasta	x		x				x								x	
Country Vegetable Bakes	x						x								x	
Cottage Pie	x						x									
BBQ Chicken	x											x				
Beef & Veg Pie	x						x									
Cowboy Chicken	x															
Roast Lincolnshire Turkey																
Chicken & Vegetable Casserole	x															
Fish Fingers	x		x				x									
Mixed Bean Casserole	x														x	
Quorn Sausage	x		x				x								x	
Vegetabel Lasagne	x		x				x								x	
Chickpea Casserole	x														x	x
Cheesy Vegetable Pasta	X		x				x								x	
Quorn Mince Noodles	x		x												x	
Crispey Cheesy Mashed Potato							x								x	
Vegetable Nuggets	x														x	x
Cheese & Onion Lattice	x					x	x		x	x					x	

## Willoughby Foods Allergen Information

Side Dishes	Gluten	Cereals containing	Crustacean	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupins	Molluscs	Vegetarian	Vegan
Baked Beans																X	X
Broccoli																X	X
Carrots																X	X
Cauliflower																X	X
Herby Diced Potatoes	X															X	X
Roast Potatoes	X															X	X
Mashed Potato								X								X	
Duchess Potatoes								X								X	
Tortilla Wrap	X							X								X	
Garlic Bread	X						X									X	
Gravy							X									X	X
Green Beans																X	X
Peas																X	X
Pasta	X			X												X	
Naan Bread	X							X								X	
Rice																X	X
Mixed Salad																X	X
Sweetcorn																X	X
Mini Mixed Veg																	X
Cabbage																X	X
Hash Brown Puffs																X	X
Boiled Potatoes																X	X
Winter Vegetables																X	X
Spaghetti Hoops																X	X
Ketchup																X	X

All Gravy will be GF & Vegan



## Willoughby Foods Allergen Information

Desserts	Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupins	Molluscs	Vegetarian	Vegan
Fruit Yoghurts - Low Fat							X								X	
Sticky Chocolate Cake	X		X										X		X	
Apple Crumble Slice	X		X				X									
Banana Drizzle Loaf	X		X				X								X	
Chocolate Chip Cookies	X		X			X	X								X	
Iced Mandarin Sponge	X		X			X	X								X	
Ice Cream & Wafer	X					X	X								X	
Fruit & Jellies																
Jam Sponge & Custard	X		X				X						X		X	
Pineapple Sponge & Custard	X		X			X	X								X	
Toffee Apple Sponge & Custard	X		X				X						X		X	
Pancakes & Chocolate Sauce	X		X				X						X		X	
Peach Sponge & Custard	X		X				X						X			
Chocolate Mousse Slice	X		X			X	X									
Lemon & Honey Loaf	X		X				X						X			
Frozen Yoghurt Pots							X									
Red Velvet Cake	X		X				X						X			
Chocolate & Orange Marble Cake	X		X				X						X		X	
Chocolate Loaf Cake with Custard	X		X				X						X		X	





## Willoughby Foods Allergen Information

Jacket Potato Fillings	Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupins	Molluscs	Vegetarian	Vegan
Bolognaise						x										
Cheese & Beans							x								x	
Cheesy Coleslaw			x				x								x	
Chicken Curry							x									
Chicken & Sweetcorn Mayonaise			x				x									
Chilli Beef						x										
Tuna Mayonaise			x	x			x									
Chicken Balti							x									
Tuna & Sweetcorn Mayonaise			x	x			x									
Coleslaw			x												x	
Cheese & Coleslaw			x				x								x	
Chinese Chicken	x									x	x					