

		High Menu November 2023 - April 2024		
		Week One 13th Nov, 4th Dec, 8th Jan, 29th Jan, 26th Feb, 18th March	Week Two 20th Nov, 11th Dec, 15th Jan, 5th Feb, 4th March	Week Three 6th Nov, 27th Nov, 18th Dec, 22nd Jan, 19th Feb, 11th March
Monday	Option 1	Chicken Grill in a Bap Cereal/Gluten, egg, Sesame	Beef Burger in a Bap Cereal/Gluten, Celery, soya Sesame	Meatballs in a Tomato & Basil Sauce Sulphur Dioxide
	Option 2	Vegetable Country Bake in a Bap Cereal/Gluten, milk, Sesame	Vegetable Country Bake in a Bap Cereal/Gluten, milk, Sesame	Vegan Balls in a Tomato & Basil Sauce Cereal/Gluten, Soya, Barley
	Served with	Potato Wedges or Herby Diced Potatoes Cereal/Gluten Sweetcorn Baked Beans Salad Available	Potato Wedges or Herby Diced Potatoes Cereal/Gluten Sweetcorn Baked Beans Salad Available	Pasta Twists Cereal/Gluten & Garlic Bread Cereal/Gluten, Sesame Sweetcorn Peas Salad Available
	Option 3	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
Dessert	Chocolate & Orange Sponge Cereal/Gluten, Milk, Egg, Soya Chocolate Sauce Milk Fresh Fruit Available Daily	Apple Crumble Cereal/Gluten, Soya Custard Milk Fresh Fruit Available Daily	Lemon Sponge Cereal/Gluten, Milk, Egg, Soya Custard Milk Fresh Fruit Available Daily	
Tuesday	Option 1	Oven Baked Sausage Cereal/Gluten, Sulphur Dioxide, Soya	Roast Beef & Yorkshire Pudding Cereal/Gluten, Milk, Egg	Roast Turkey & Sage & Onion Stuffing Cereal/Gluten
	Option 2	Vegan Sausage Cereal/Gluten	Vegan Sausage Cereal/Gluten	Cheese & Vegetable Country Bake Cereal/Gluten, Milk
	Served with	Mashed Potatoes Baked Beans or Gravy Sweetcorn & Carrots Salad Available	Mashed Potatoes & Gravy Carrots Broccoli Salad Available	Mashed Potatoes & Gravy Carrots Green Beans Salad Available
	Option 3	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
Dessert	Waffle Cereal/Gluten, Milk, Egg, Soya & Ice Cream Milk, Soya Fresh Fruit Available Daily	Jam Roly Poly Cereal/Gluten, Milk, Soya & Custard Milk Fresh Fruit Available Daily	Chocolate Crunch Cereal/Gluten, Soya & Chocolate Sauce Milk Fresh Fruit Available Daily	
Wednesday	Option 1	Beef Bolognese Or Lasagne Cereal/Gluten, Milk, Eggs	Chicken Korma Milk Or Hunters Chicken Milk	Mini Grill (Sausage Cereal/Gluten, Sulphur Dioxide, Soya Bacon)
	Option 2	Vegetable Bolognese Or Vegetable Lasagne Cereal/Gluten, Milk, Eggs, Mustard, Soya	Vegetable Korma	Vegetable Mini Grill (2 Vegan Sausage)
	Served with	Pasta Twists Cereal/Gluten & Garlic Bread Cereal/Gluten, Sesame Mixed Vegetables Broccoli Salad Available	Boiled Rice & Naan Bread Cereal/Gluten Sweetcorn Peas Salad Available	Hash Browns Baked Beans Peas Salad Available
	Option 3	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
Dessert	Plain Cookie Cereal/Gluten, Milk, Egg, Soya Orange Or Apple Juice Carton Fresh Fruit Available Daily	Chocolate Cookie Cereal/Gluten, Milk, Egg, Soya Orange Or Apple Juice Carton Fresh Fruit Available Daily	Fruit Muffin Cereal/Gluten, Milk, Egg, Soya Orange Or Apple Juice Carton Fresh Fruit Available Daily	
Thursday	Option 1	Roast Turkey & Sage & Onion Stuffing Cereal/Gluten	Roast Pork & Apple Sauce	Rost Chicken With Sage & Onion Stuffing Cereal/Gluten
	Option 2	Vegan Sausage Cereal/Gluten	Broccoli & Cauliflower Cheese Bake Milk	Cheese & Potato Pie Milk
	Served with	Mashed Potatoes & Gravy Carrots Green Beans Salad Available	Mashed Potatoes & Gravy Carrots Broccoli Salad Available	Mashed Potatoes & Gravy Carrots Green Cabbage Salad Available
	Option 3	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
Dessert	Syrup Sponge Cereal/Gluten, Milk, Eggs, Soya & Custard Milk Apple Dippers Fresh Fruit Available Daily	Cheesecake Cereal/Gluten, Milk, Soya Peaches Fresh Fruit Available Daily	Pancake Cereal/Gluten, Milk, Eggs & Ice Cream Milk, Soya Apple Dippers Fresh Fruit Available Daily	
Friday	Option 1	Breaded Cod Cereal/Gluten, Fish or Chicken Korma Milk	Jumbo Battered Fish Finger Cereal/Gluten, milk, mustard, Fish or Chicken Tikka Milk	Breaded Cod Cereal/Gluten, Fish or Chicken Korma Milk
	Option 2	Cheese Pizza Cereal/Gluten Milk	Cheese & Vegetable Country Bake Cereal/Gluten, Milk	Cheese Pizza Cereal/Gluten, Milk
	Served with	Chips, Rice or Pasta Cereal/Gluten Peas Baked Beans Salad Available	Chips, Rice or Pasta Cereal/Gluten Peas Baked Beans Salad Available	Chips, Rice or Pasta Cereal/Gluten Peas Baked Beans Salad Available
	Option 3	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
Dessert	Chocolate Haystack Cereal/Gluten, Milk Orange Or Apple Juice Carton Fresh Fruit Available Daily	Flapjack Cereal/Gluten & Sultanas Orange Or Apple Juice Carton Fresh Fruit Available Daily	Carrot Cake Muffin Cereal/Gluten, Milk, Eggs, Soya Orange Or Apple Juice Carton Fresh Fruit Available Daily	
Water Available Daily				