



Allergen key:
May Contain in ()

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sulphur Dioxide (SD)

Lupin (L)

Mustard (MU)

Celery (CE)

Sesame seeds (SS)

Soya (S)

Cereals containing Gluten (G)

Milk (MI)

Eggs (E)

Fish (F)

Molluscs (Shellfish) (MO)

Crustaceans (Shellfish) (CR)

Nuts (N)

Peanuts (P)



MAIN



VEGETARIAN



GF/DAIRY FREE



DESSERT



PACK LUNCH



JACKET POTATO

GF/Dairy Free dessert options available. Freshly Baked Bread and Salad Options Available Daily
Available everyday: Jacket Potatoes with a choice of toppings; Cheese M, Tuna Mayo F; M; E or Baked Beans with Salad Garnish.

Beef Meatballs in a Rich Tomato Sauce with 50/50 Penne Pasta & Garlic Bread
G; SD; S

Vegetable Pasta Bake with Garlic Bread
G; S; MI

Beef Meatballs in a Rich Tomato Sauce with 50/50 Penne Pasta & Garlic Bread
S; SD

Strawberry Moose & Baked Cookie
G; E; MI

Tuna Mayo Wrap G; E; F
Cheese Wrap M; E; G
Ham Wrap G

Cheese Swirls M; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

Cheese & Tomato Pizza with Potato Wedges & Seasonal Vegetables
G; E; MI; S

Garden Vegetable Goujons with Potato Wedges & Seasonal Vegetables

Cheese & Tomato Pizza with Potato Wedges & Seasonal Vegetables

Vanilla Crunch & Custard
G; E

Ham Roll G
Cheese Roll M; G
Tuna Mayo Roll G; E; F

Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

Mild Chicken Curry with 50/50 Rice & Naan
G; MI

Quorn Curry & 50/50 Rice & Naan
G; MI; E

Quorn Curry & 50/50 Rice & Seasonal Vegetables

Mandarin Orange Jelly & Ice-Cream
MI

Tuna Mayo Wrap G; E; F
Cheese Wrap M; E; G
Ham Wrap G

Cheese Swirls M; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

Roast Pork with Yorkshire Pudding, Seasonal Vegetables & Gravy
G; E; MI

Roast Quorn with Yorkshire Pudding, Seasonal Vegetables & Gravy
G; E; MI

Roast Pork with Yorkshire Pudding, Seasonal Vegetables & Gravy

Chocolate Crunch & Custard
G; E

Tuna Mayo Roll G; E; F
Cheese Roll M; G
Ham Roll G

Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

Battered Fish Fillet & Chips with Baked Beans & Peas
G; F; MU

Vegetarian Sausages & Chips with Baked Beans or Peas
G; CE

GF Breaded Fish Fingers & Chips with Baked Beans & Peas
F

Pips Organic Lolly

Tuna Mayo Roll G; E; F
Cheese Roll M; G
Ham Roll G

Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day



Allergen key:

May Contain in ()

Peanuts (P)

Nuts (N)

Crustaceans (Shellfish) (CR)

Molluscs (Shellfish) (MO)

Fish (F)

Eggs (E)

Milk (MI)

Cereals containing Gluten (G)

Soya (S)

Sesame seeds (SS)

Celery (CE)

Mustard (MU)

Lupin (L)

Sulphur Dioxide (SD)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



MAIN



VEGETARIAN



GF/DAIRY
FREE
MAIN



DESSERT



PACK
LUNCH



JACKET POTATO

Vegetable Chilli with
50/50 Rice
CE; S

Roasted Vegetable
Enchiladas with
Herby Diced Potatoes
MI; G

Vegetable Chilli with
50/50 Rice
CE; S

Lemon Drizzle Cake
G; E

Ham Roll G
Cheese Roll MI; G
Tuna Mayo Roll G; E; F
Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

Cheesy Chicken Melt
with 50/50 Rice &
Seasonal Vegetables
MI

Philly Hot Dog with 50/50
Rice & Seasonal Vegetables
G; (SS)

Cheesy Chicken Melt
with 50/50 Rice &
Seasonal Vegetables

Chocolate Mousse with
Baked Cookie
MI; E; G

Tuna Mayo Wrap G; E; F
Cheese Wrap MI; G
Ham Wrap G
Cheese Swirls MI; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

Taste of Suffolk Pork
Sausages, Mashed Potato
& Gravy with
Seasonal Vegetables
G; SD

Vegetable Sausages &
Mashed Potato with
Seasonal Vegetables
G; CE

GF Sausages & Mashed
Potato with
Seasonal Vegetables
S; SD

Strawberry Jelly
& Ice-Cream
MI

Tuna Mayo Wrap G; E; F
Cheese Wrap MI; E; G
Ham Wrap G
Cheese Swirls MI; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

Roast Chicken with
Yorkshire Pudding,
Seasonal Vegetables & Gravy
G; E; MI

Roast Quorn with
Yorkshire Pudding,
Seasonal Vegetables & Gravy
G; E; MI

Roast Chicken with
Yorkshire Pudding,
Seasonal Vegetables
& Gravy

Toffee Apple Crumble
& Custard
G; MI

Tuna Mayo Roll G; E; F
Cheese Roll MI; G
Ham Roll G
Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

Battered Fish & Chips with
Peas or Baked Beans
G; F; MU

Quorn Fishless Fingers &
Chips with Baked Beans
or Peas
G

GF Fish Fingers & Chips
with Baked Beans or Peas
F

Pips Organic Lolly

Tuna Mayo Roll G; E; F
Cheese Roll MI; G
Ham Roll G
Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

GF/Dairy Free dessert options available. Freshly Baked Bread and Salad Options Available Daily
Available everyday: Jacket Potatoes with a choice of toppings, Cheese M, Tuna Mayo F; M; E or Baked Beans with Salad Garnish.

WEEK 3

Allergen key:

May Contain in ()

Peanuts (P)

Nuts (N)

Crustaceans (Shellfish) (CR)

Molluscs (Shellfish) (MO)

Fish (F)

Eggs (E)

Milk (MI)

Cereals containing Gluten (G)

Soya (S)

Sesame seeds (SS)

Celery (CE)

Mustard (MU)

Lupin (L)

Sulphur Dioxide (SD)

MONDAY



MAIN



VEGETARIAN



GF/DAIRY FREE MAIN



DESSERT



PACK LUNCH

TUESDAY

Classic Macaroni Cheese with Garlic Bread
MI; G; S

Vegetable & Bean Burrito
G; MU

Classic Macaroni Cheese with Garlic Bread

Orange Muffin
MI; E; G

Ham Roll G
Cheese Roll M; G
Tuna Mayo Roll G; E; F
Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

Pork Burger with Potato Wedges & Peas or Sweetcorn
G; SD; (SS)

Vegetable Burger with Herby Diced Potatoes & Seasonal Vegetables (SS)

Vegetable Burger with Herby Diced Potatoes & Seasonal Vegetables

Victoria Sponge
MI; G; E

Tuna Mayo Wrap G; E; F
Cheese Wrap M; E; G
Ham Wrap G
Cheese Swirls M; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

WEDNESDAY

Beef Bolognese with Penne Pasta & Garlic Bread
CE; S; G

Italian Tomato Pasta with Garlic Bread
G; S

Beef Bolognese with Penne Pasta & Garlic Bread
CE; S

Chocolate Sponge with Ice-Cream
E; MI; G

Tuna Mayo Wrap G; E; F
Cheese Wrap M; E; G
Ham Wrap G
Cheese Swirls M; E; G
Veggie Sticks
Fruit Wedge
Dessert of the Day

THURSDAY

Roast Chicken with Yorkshire Pudding, Seasonal Vegetables & Gravy
MI; E; G

Vegan Toad in the Hole with Seasonal Vegetables & Roast Potatoes
G

Roast Chicken with Yorkshire Pudding, Seasonal Vegetables & Gravy

Peach Melba Crumble & Ice-Cream
G; MI

Tuna Mayo Roll G; E; F
Cheese Roll M; G
Ham Roll G
Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

FRIDAY

Salmon & Sweet Potato Fish Cakes & Chips with Baked Beans or Peas
F; G

Quorn Southern Fried Vegan Nuggets & Chips with Baked Beans or Peas
G

GF Fishcakes & Chips with Baked Beans or Peas
G; F

Pips Organic Lolly

Tuna Mayo Roll G; E; F
Cheese Roll M; G
Ham Roll G
Tortilla Chips
Veggie Sticks
Fruit Wedge
Dessert of the Day

GF/Dairy Free dessert options available. Freshly Baked Bread and Salad Options Available Daily
Available everyday: Jacket Potatoes with a choice of toppings, Cheese M, Tuna Mayo F; M; E or Baked Beans with Salad Garnish.

JACKET POTATO

