

Dairy Free Primary Menu

Week 1, 2 and 3



Primary D/F Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)	Seasonal Harvest Soup (ve)	Leek & Potato Soup (ve)
Meal option 1	M01	M04AF	M07AF	M10DF	M13
	Chicken Curry & Rice Pot	Allergen - Friendly Roast Chicken Dinner in Gravy & Mashed potato (ve) Peas & Carrots (ve)	Allergen - Friendly Margherita pizza (ve) with Onion rings (ve) Mediterranean salad (ve)	D/F Mexican Beef Burrito bowl Pico de gallo (ve)	Jumbo Hot Dog with Potato wedges (ve) Carrot & Cucumber sticks (ve)
Meal option 2	M02		M08	M11DF	M14
	MSC Fish Fingers with Oven chips (ve) Mixed salad (ve)	/	Homemade Chickpea curry (ve) (do not serve coriander yoghurt sauce)	D/F Toasted Folded Turkey Quesadilla Pico de gallo (ve)	Red Tractor Southern-Style Chicken Wrap with Sweet Chilli Mayo with Oven chips (ve) Carrot & Cucumber sticks (ve)
Meal option 3	M03	M06	M09VE	M12VE	M15VE
	Baked potato with Beans (ve) Mixed salad (ve)	Red Tractor Ham Sandwich Rainbow salad (ve)	Sheese & Cream Sheese Bagel (ve) Mediterranean salad (ve)	Baked potato with Vegan Cheese Pico de gallo (ve)	Sheese sandwich (ve) Carrot & Cucumber sticks (ve)
Dessert	Vanilla Soya dessert (ve) & Fresh Fruit Selection(ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Fruity Iced Smoothie (ve) & Fresh Fruit Selection (ve)	Allergen - Friendly Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)

Primary D/F Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tangy Tomato Soup (ve)	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Leek & Potato Soup (ve)	Carrot & Coriander Soup (ve)
Meal option 1	M16	M19AF	M22	M25	M28
	Crispy Chicken Burger with Oven chips (v) Crunchy salad (ve)	Allergen - Friendly Beef Bolognese Pasta Bake	Herby Tomato Pasta (ve)	QMS Homemade Steak pie with Mashed potatoes (v) Peas & carrots (ve)	MSC Salmon fingers with Diced potato(v) Rainbow salad (ve)
Meal option 2		M20	M23VE	M26VE	M29
	/	MSC Breaded Fish Goujons herby boiled potatoes (v) Peas & carrots (ve)	Cheddar Cheese Panini (ve) with Diced potatoes (ve) Pico de gallo (ve)	Vegan Sausage (ve) with Garlic bread (ve) Crunchy salad (ve)	Jumbo Hot Dog with Potato wedges (ve) Rainbow salad (ve)
Meal option 3	M18DF	M21	M24VE	M27	M12VE
	Turkey & Vegan Cheese Bagel Crunchy salad (ve)	Baked potato with beans (ve) Mixed pepper salad (ve)	Vegan Pizza Sub (ve) with Diced potatoes (ve) Pico de gallo (ve)	Tuna sandwich Crunchy salad (ve)	Baked potato with Vegan Cheese (ve) Rainbow salad (ve)
Dessert	Vanilla Soya dessert (ve) & Fresh Fruit Selection(ve)	Fruity Iced Smoothie (ve) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)	Allergen - Friendly Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)

Primary D/F Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)
Meal option 1	M31DF	M34AF	M37VE	M40GF	M43DF
	QMS Beef & Vegan Cheese Burger with Diced potatoes (ve) Crunchy salad (ve)	Veggie Sausage (ve) with Baked beans (ve) Mediterranean salad (ve)	Super Saucy Bolognese (ve) with Garlic bread (ve)	Red Tractor Chicken Fajita in G/F Pitta Pockets with Oven chips (ve) Rainbow salad (ve)	D/F Tomato Sausage Pasta Bake
Meal option 2	M32	M35	/	M41	M07AF
	Veggie Hero Spaghetti (ve)	Red Tractor Southern-Style Chicken Wrap with Sweet Chilli Mayo with Diced potatoes (ve) Mediterranean salad (ve)		Mexican - Style Chilli Con Carne with nacho chips (ve)	Allergen - Friendly Margherita pizza (v) with Potato wedges (ve) Mixed salad (ve)
Meal option 3	M33	M36	M09VE	M39DF	M153VE
	Baked potato with tuna Crunchy salad (ve)	Crunchy BBQ Quorn nuggets (v) with Baked beans (ve) Mediterranean salad (ve)	Sheese & Cream Sheese Bagel (ve) Pico de gallo (ve)	D/F Tuna Melt Panini with Oven chips (ve) Rainbow salad (ve)	Sheese Sandwich Mixed salad (ve)
Dessert	Fruit salad (ve) & Fresh Fruit Selection (ve)	Fruity Iced Smoothie (ve) & Fresh Fruit Selection (ve)	Allergen - Friendly Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Vanilla Soya dessert (ve) & Fresh Fruit Selection (ve)

Egg Free Primary Menu

Week 1, 2 and 3



Primary E/F Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)	Seasonal Harvest Soup (ve)	Leek & Potato Soup (ve)
	M01	M04AF	M07GF	M10	M13
Meal option 1	Chicken Curry & Rice Pot	Allergen -Friendly Roast Chicken Dinner in Gravy & Mashed potato (ve) Peas & Carrots (ve)	G/F Margherita pizza (v) with onion rings (ve) mediterranean salad (ve)	Mexican Beef Burrito bowl Pico de gallo (ve)	Jumbo Hot Dog with Potato wedges (ve) Carrot & Cucumber sticks (ve)
	M02		M08	M11	M14EF
Meal option 2	MSC Fish Fingers with Oven chips (ve) Mixed salad (ve)	/	Homemade Chickpea curry (ve)	Toasted Folded Turkey Quesadilla Pico de gallo (ve)	E/F Southern-Style Chicken Wrap with Vegan Sweet Chilli Mayo with Oven chips (ve) Carrot & Cucumber sticks (ve)
	M03	M06	M09	M12	M15
Meal option 3	Baked potato with Beans (ve) Mixed salad (ve)	Red Tractor Ham Sandwich Rainbow salad (ve)	Cheese & Cream Cheese Bagel (v) Mediterranean salad (ve)	Baked potato with Cheese Pico de gallo (ve)	Cheese sandwich (v) Carrot & Cucumber sticks (ve)
Dessert	Delight dessert (v) & Fresh Fruit Selection(ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	E/F Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)

Primary E/F Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tangy Tomato Soup (ve)	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Leek & Potato Soup (ve)	Carrot & Coriander Soup (ve)
Meal option 1	M16	M19AF	M22	M25	M28
	Crispy Chicken Burger with Oven chips (v) Crunchy salad (ve)	Allergen - Friendly Beef Bolognese Pasta Bake	Herby Tomato Pasta (ve)	QMS Homemade Steak pie with Mashed potatoes (v) Peas & carrots (ve)	MSC Salmon fingers with Diced potato(v) Rainbow salad (ve)
Meal option 2		M20	M23	M26VE	M29
	/	MSC Breaded Fish Goujons herby boiled potatoes (v) Peas & carrots (ve)	Cheddar Cheese Panini (v) with Diced potatoes (ve) Pico de gallo (ve)	Vegan Sausage (ve) with Garlic bread (ve) Crunchy salad (ve)	Jumbo Hot Dog with Potato wedges (ve) Rainbow salad (ve)
Meal option 3	M18	M21	M24	M27EF	M30
	Turkey & Cheese Bagel Crunchy salad (ve)	Baked potato with beans (ve) Mixed pepper salad (ve)	Cheese & Tomato Pizzini (v) with diced potatoes (ve) Pico de gallo (ve)	E/F Tuna sandwich Crunchy salad (ve)	Baked potato with Cheese (v) Rainbow salad (ve)
Dessert	Fruity Yoghurt (v) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)	E/F Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)

Primary E/F Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)
Meal option 1	M31	M34	M37	M40	M43
	QMS Beef & Cheese Burger with Diced potatoes (ve) Crunchy salad (ve)	Sau'sauge Roll (ve) with Baked beans (ve) Mediterranean salad (ve)	Super Saucy Bolognese (v) with Garlic bread (ve)	Red Tractor Chicken Fajita in Pitta Pockets with Oven chips (ve) Rainbow salad (ve)	Tomato Sausage Pasta Bake
Meal option 2	M32	M14EF	M38	M41	M07GF
	Veggie Hero Spaghetti (ve)	E/F Southern-Style Chicken Wrap with Vegan Sweet Chilli Mayo with Diced potatoes (ve) Mediterranean salad (ve)	Halloumi & Rainbow Veggie Tray Bake (v)	Mexican - Style Chilli Con Carne with nacho chips (ve)	G/F Margherita pizza (v) with Potato wedges (ve) Mixed salad (ve)
Meal option 3	M33EF	M36	M09	M39EF	M15
	Baked potato with E/F Tuna mayo Crunchy salad (ve)	Crunchy BBQ Quorn nuggets (v) with Baked beans (ve) Mediterranean salad (ve)	Cheese & Cream Cheese Bagel (v) Pico de gallo (ve)	E/F Tuna Melt Panini with Oven chips (ve) Rainbow salad (ve)	Cheese Sandwich Mixed salad (ve)
Dessert	Fruit salad (ve) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	E/F Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Fruity Yoghurt (v) & Fresh Fruit Selection (ve)

Gluten Free Primary Menu

Week 1, 2 and 3



Primary G/F Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)	Seasonal Harvest Soup (ve)	Leek & Potato Soup (ve)
	M01	M04AF	M07GF	M10	M13GF
Meal option 1	Chicken Curry & Rice Pot	Allergen -Friendly Roast Chicken Dinner in Gravy & Mashed potato (ve) Peas & Carrots (ve)	G/F Margherita pizza (v) with Oven chips (ve) mediterranean salad (ve)	Mexican Beef Burrito bowl Pico de gallo (ve)	G/F Jumbo Hot Dog with Potato wedges (ve) Carrot & Cucumber sticks (ve)
	M02GF		M08	M11GF	M14GF
Meal option 2	MSC G/F Fish Fingers with Oven chips (ve) Mixed salad (ve)	/	Homemade Chickpea curry (ve)	G/F Toasted Folded Turkey Quesadilla Pico de gallo (ve)	G/F Chicken Goujons in G/F Wrap with Sweet Chilli Mayo with Oven chips (ve) Carrot & Cucumber sticks (ve)
	M03	M06GF	M09GF	M12	M15GF
Meal option 3	Baked potato with Beans (ve) Mixed salad (ve)	G/F Red Tractor Ham Sandwich Rainbow salad (ve)	Cheese & Cream Cheese G/F Bagel (v) Mediterranean salad (ve)	Baked potato with Cheese Pico de gallo (ve)	G/F Cheese sandwich (v) Carrot & Cucumber sticks (ve)
Dessert	Delight dessert (v) & Fresh Fruit Selection(ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	G/F Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)

Primary G/F Menu

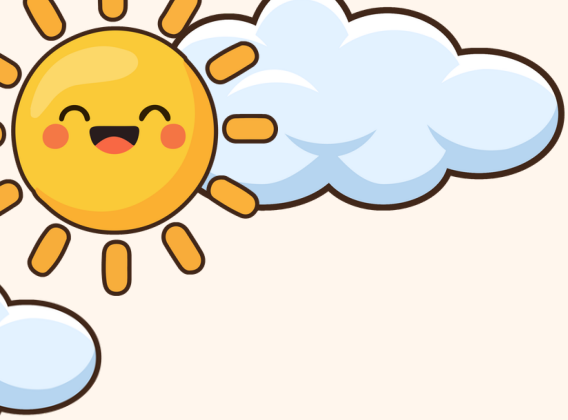
Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tangy Tomato Soup (ve)	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Leek & Potato Soup (ve)	Carrot & Coriander Soup (ve)
Meal option 1	M16GF	M19AF	M22GF	M25GF	M28
	G/F Chicken Goujons in G/F Burger with Oven chips (v) Crunchy salad (ve)	Allergen - Friendly Beef Bolognese Pasta Bake	Herby Tomato G/F Pasta (ve)	Homemade Steak pie (No Pastry) with Mashed potatoes (v) Peas & carrots (ve)	MSC Salmon fingers with Diced potato(v) Rainbow salad (ve)
Meal option 2		M20GF	M23GF	M26	M13GF
	/	G/F Breaded Fish Goujons herby boiled potatoes (v) Peas & carrots (ve)	Cheddar Cheese G/F Panini (v) with Diced potatoes (ve) Pico de gallo (ve)	Free Range Foiled Omelette (v) with G/F Garlic bread (ve) Crunchy salad (ve)	G/F Jumbo Hot Dog with Potato wedges (ve) Rainbow salad (ve)
Meal option 3	M18GF	M21	M24GF	M27GF	M30
	Turkey & Cheese G/F Bagel Crunchy salad (ve)	Baked potato with beans (ve) Mixed pepper salad (ve)	G/F Pizza Sub (v) with diced potatoes (ve) Pico de gallo (ve)	G/F Tuna sandwich Crunchy salad (ve)	Baked potato with Cheese (v) Rainbow salad (ve)
Dessert	Fruity Yoghurt (v) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)	G/F Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)

Primary G/F Menu

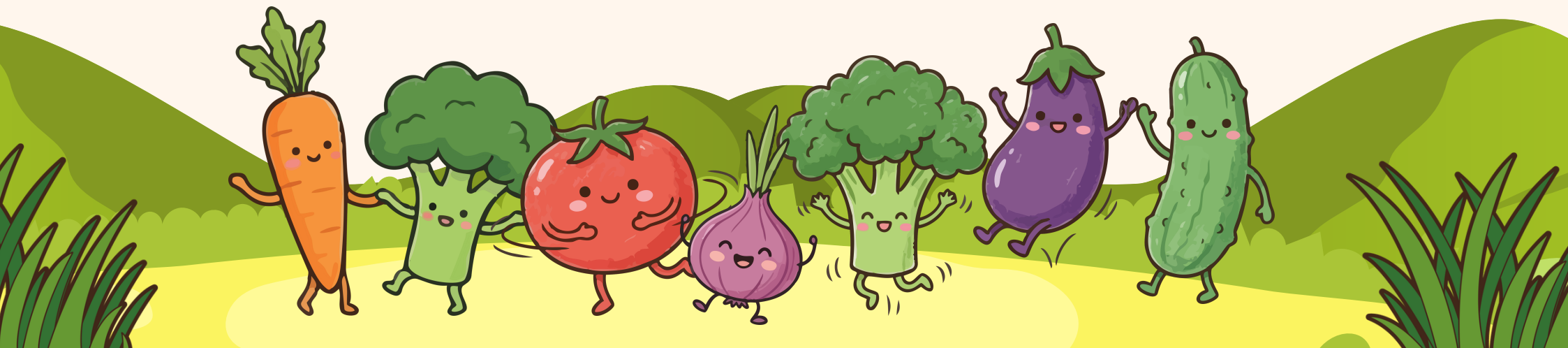
Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)
Meal option 1	M31GF	M34AF	M37GF	M40GF	M43GF
	Beef & Vegan Cheese in G/F Burger with Diced potatoes (ve) Crunchy salad (ve)	Veggie Sausage (ve) with Baked beans (ve) Mediterranean salad (ve)	G/F Super Saucy Bolognese (ve) with G/F Garlic bread (ve)	Red Tractor Chicken Fajita in G/F Pitta Pockets with Oven chips (ve) Rainbow salad (ve)	G/F Tomato Sausage Pasta Bake
Meal option 2	M32GF	M14GF	M38GF	M41	M07GF
	Veggie Hero G/F Spaghetti (ve)	G/F Southern-Style Chicken Wrap with Vegan Sweet Chilli Mayo with Oven chips (ve) Mediterranean salad (ve)	Halloumi & Rainbow Veggie Rice Tray Bake (v)	Mexican - Style Chilli Con Carne with nacho chips (ve)	G/F Margherita pizza (v) with Potato wedges (ve) Mixed salad (ve)
Meal option 3	M33	M36AF	M09GF	M39GF	M15GF
	Baked potato with tuna Crunchy salad (ve)	BBQ Veggie Sausages (ve) with Baked beans (ve) Mediterranean salad (ve)	Cheese & Cream Cheese G/F Bagel (v) Pico de gallo (ve)	G/F Tuna Melt Panini with Oven chips (ve) Rainbow salad (ve)	G/F Cheese sandwich (v) Mixed salad (ve)
Dessert	Fruit salad (ve) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	G/F Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Fruity Yoghurt (v) & Fresh Fruit Selection (ve)



Sesame Free Primary Menu

Week 1, 2 and 3



Primary Sesame Free Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)	Seasonal Harvest Soup (ve)	Leek & Potato Soup (ve)
Meal option 1	M01	M04	M07	M10	M13GF
	Chicken Curry & Rice Pot	Roast Chicken Dinner with Yorkshire Pudding & Mashed potato (ve) Peas & Carrots (ve)	Margherita pizza (v) with onion rings (ve) mediterranean salad (ve)	Mexican Beef Burrito bowl Pico de gallo (ve)	G/F Jumbo Hot Dog with Potato wedges (ve) Carrot & Cucumber sticks (ve)
Meal option 2	M02	M05	M08	M11	M14
	MSC Fish Fingers with Oven chips (ve) Mixed salad (ve)	Cheesy Champion Pie (v) Rainbow salad (ve)	Homemade Chickpea curry (ve)	Toasted Folded Turkey Quesadilla Pico de gallo (ve)	Red Tractor Southern-Style Chicken Wrap with Sweet Chilli Mayo with Oven chips (ve) Carrot & Cucumber sticks (ve)
Meal option 3	M03	M06	M09AF	M12	M15
	Baked potato with Beans (ve) Mixed salad (ve)	Red Tractor Ham Sandwich Rainbow salad (ve)	Allergen - Friendly Cheese & Cream Cheese Bagel (ve) Mediterranean salad (ve)	Baked potato with Cheese (v) Pico de gallo (ve)	Cheese sandwich (v) Carrot & Cucumber sticks (ve)
Dessert	Delight dessert (v) & Fresh Fruit Selection(ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)

Primary Sesame Free Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tangy Tomato Soup (ve)	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Leek & Potato Soup (ve)	Carrot & Coriander Soup (ve)
Meal option 1	M16GF	M19	M22	M25	M28
	G/F Chicken Goujons in G/F Burger with Oven chips (v) Crunchy salad (ve)	Beef Lasagne	Herby Tomato Pasta (ve)	QMS Homemade Steak pie with Mashed potatoes (v) Peas & carrots (ve)	MSC Salmon fingers with Diced potato(ve) Rainbow salad (ve)
Meal option 2	M05	M20	M23GF	M26	M13GF
	Cheesy Champion Pie (v) with Oven chips (ve) Crunchy salad (ve)	MSC Breaded Fish Goujons herby boiled potatoes (v) Peas & carrots (ve)	Cheddar Cheese G/F Panini (v) with Diced potatoes (ve) Pico de gallo (ve)	Free Range Foiled Omelette (v) with G/F Garlic bread (ve) Crunchy salad (ve)	GF Jumbo Hot Dog with Potato wedges (ve) Rainbow salad (ve)
Meal option 3	M18AF	M03	M24	M27	M30
	Allergen -Friendly Turkey & Cheese Bagel Crunchy salad (ve)	Baked potato with beans (ve) Mixed pepper salad (ve)	Cheese & Tomato Pizzini (v) with diced potatoes (ve) Pico de gallo (ve)	Tuna sandwich Crunchy salad (ve)	Baked potato with Cheese (v) Rainbow salad (ve)
Dessert	Fruity Yoghurt (v) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)	Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)

Primary Sesame Free Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)
Meal option 1	M31GF	M34	M37	M40	M43
	Beef & Cheese in G/F Burger with Diced potatoes (ve) Crunchy salad (ve)	Sau'sauge Roll (ve) with Baked beans (ve) Mediterranean salad (ve)	Super Saucy Bolognese (v) with G/F Garlic bread (ve)	Red Tractor Chicken Fajita in Pitta Pockets with Oven chips (ve) Rainbow salad (ve)	Tomato Sausage Pasta Bake
Meal option 2	M32	M14	M38	M41	M07
	Veggie Hero Spaghetti (ve)	Red Tractor Southern-Style Chicken Wrap with Sweet Chilli Mayo with Diced potatoes (ve) Mediterranean salad (ve)	Halloumi & Rainbow Veggie Orzo Tray Bake (v)	Mexican - Style Chilli Con Carne with nacho chips (ve)	Margherita pizza (v) with Potato wedges (ve) Mixed salad (ve)
Meal option 3	M33	M36	M09AF	M39GF	M15
	Baked potato with tuna Crunchy salad (ve)	Crunchy BBQ Quorn nuggets (v) with Baked beans (ve) Mediterranean salad (ve)	Allergen-Friendly Cheese & Cream Cheese Bagel (ve) Pico de gallo (ve)	G/F Tuna Melt Panini with Oven chips (ve) Rainbow salad (ve)	Cheese Sandwich (v) Mixed salad (ve)
Dessert	Fruit salad (ve) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	Homemade Pudding of the Day (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Fruity Yoghurt (v) & Fresh Fruit Selection (ve)