

## LCK Allergen Menu 25-26

Week 1 Monday	
Wholegrain Pasta Bolognese and Carrots	GF Pasta Suitable for DF, SF, EF
Stuffed Peppers	DFSF Cheese Topped Stuffed Peppers
Strawberry Yogurt and Waffle	DFSF Coconut Collaborative Yogurt GF/SF Pancake EF = Strawberry Yogurt and Granola
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 1 Tuesday	
Roast Chicken, Roast Potatoes, Seasonal Vegetables & Gravy	
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables & Gravy	
Mango & Orange Iced Smoothie	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 1 Wednesday	
Macaroni Cheese, Garlic Bread & Garden Salad	GFDFSFSF Cheese sauce and GF Pasta No Garlic Bread for Gluten Free's
Macaroni Cheese, Garlic Bread and Garden Salad	
Fruit Jelly and Ice Cream	DF/SF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 1 Thursday	
Butchers Sausage, Mash, Peas and Gravy	GF Sausage DF/SF Mashed Potato
Vegetarian Sausage, Mash, Peas and Gravy	DF/SF Mashed Potato
Chocolate Sponge & Chocolate Custard	GFDF Chocolate Muffin GFDFSFSF Blueberry Muffin DFEF Chocolate Orange Cake GFDFSFSF Custard
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 1 Friday	
Fishcake, Smilies and Baked Beans	GF Fish Fingers
Fishless Fingers, Smilies and Baked Beans	
Blueberry Muffin	GFDFSFSF Blueberry Muffin DFEF Biscoff Loaf
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

## LCK Allergen Menu 25-26

Week 2 Monday	
Butchers Beef Burger in a Bun with Carrot Sticks	GF Burger and GF Bun
Bean Burger in a Bun with Carrot Sticks	GF Linda McCartney Burger
Strawberry Iced Smoothie	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 2 Tuesday	
Roast Sausage, Roast Potatoes, Seasonal Vegetables & Gravy	GF Sausage
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables and Gravy	
Peaches and Ice Cream	DFSF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 2 Wednesday	
Cheese & Tomato Pizza and Carrot Sticks	GFDFSFEF Pizza
Cheese & Tomato Pizza and Carrot Sticks	
Chocolate Marble Cake	GFDFSF Angel Cake DFEF Chocolate Orange Cake
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 2 Thursday	
Chicken Breast Nuggets, Wedges and Sweetcorn	GF Nuggets
3 Bean Chilli Jacket Potato	
Vanilla Ice Cream & Berry Coulis	DF/SF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 2 Friday	
Battered Fish, Potato Waffle and Spaghetti Hoops	GF Fish Fingers and Baked Beans
Tomato Soup and Focaccia	DF Tomato Soup and Focaccia GF Roll
Victoria Sponge	GFDFSF Lemon Cake DFEF Victoria Sponge
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

## LCK Allergen Menu 25-26

Week 3 Monday	
Meatballs in Tomato Sauce, Wholegrain Pasta and Sweetcorn	GF Meatballs and GF Pasta
Vegetarian Meatballs in Tomato Sauce, Wholegrain Pasta and Sweetcorn	SF Tomato Pasta Bake
Artic Roll	GFDFSFEF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 3 Tuesday	
Roast Chicken, Roast Potatoes, Seasonal Vegetables, Gravy	
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables and Gravy	
Neapolitan Loaf Cake	GFDFSF Angel Cake DFEF Chocolate Orange Cake
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 3 Wednesday	
Butchers Sausage in a Bun and Cucumber Sticks	GF Sausage and GF Bun
Vegetarian Sausage in a Bun and Cucumber Sticks	GF Bun
Apple Crumble and Ice Cream	Suitable for DF, SF, EF with DFSF Ice Cream GF Apple Pie and DFSF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 3 Thursday	
Mild Chicken Korma, Wholegrain Rice and Peas	DFSF Korma Sauce
Sweet and Sour Vegetables & Tofu and Wholegrain Rice	Tofu is Suitable for DFEF SF= Sweet and Sour Veg
Fruit Salad and Squirty Cream	DF/SF Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 3 Friday	
Fishcake, Smilies and Baked Beans	GF Fish Fingers
Cheese and Onion Pasty, Smilies and Baked Beans	DFSFEF Vegan Sausage Roll GF Vegetarian Sausage
Oat and Raisin Cookie	GFDFEF Choc Chip Cookie GFDFSF Digestive Biscuits
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

## LCK Allergen Menu 25-26

Week 4 Monday	
Butchers Sausage, Hashbrown and Baked Beans	GF Sausage
Vegetarian Sausage, Hashbrown and Baked Beans	
Rocky Road	Suitable for EF GFDF Cornflake Clusters GFDFSFBourbons
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 4 Tuesday	
Roast Chicken, Roast Potatoes, Seasonal Vegetables and Gravy	
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables and Gravy	
Apple Shortbread	Suitable for EF GFDFSFApple Pie
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 4 Wednesday	
Cheese & Tomato Pizza and Carrot Sticks	GFDFSFEFPizza
Cheese & Tomato Pizza and Carrot Sticks	
Peach and Raspberry Crumble & Ice Cream	Suitable for DF, SF, EF with DFSF Ice Cream GFDFPeaches and Raspberries and DFSF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 4 Thursday	
Wholegrain Pasta Bolognese and Broccoli	GF Pasta
Jacket Potato and Beans with Cucumber Sticks	DFSFCheese
Flapjack	Suitable for EF GFDFSFFlapjack
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 4 Friday	
Fish Fingers, Waffle and Peas	GF Fish Fingers
Macaroni Cheese and Peas	GFDFSFCheese sauce and GF Pasta
Iced Shortbread	Suitable for EF GFDFSFCustard Creams
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

## LCK Allergen Menu 25-26

Week 5 Monday	
Meatballs in Tomato Sauce, Wholegrain Pasta and Sweetcorn	GF Meatballs and GF Pasta
Vegetarian Meatballs in Tomato Sauce, Wholegrain Pasta and Sweetcorn	SF Tomato Pasta Bake
Strawberry Iced Smoothie	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 5 Tuesday	
Roast Chicken, Roast Potatoes, Seasonal Vegetables and Gravy	
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables & Gravy	
Fruit Jelly and Custard	DFSF Custard
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 5 Wednesday	
Cheese and Tomato Pizza and Vegetable Sticks	GFDFSFEF Pizza
Cheese and Tomato Pizza and Vegetable Sticks	
Apple Cake	GFDFSF Apple Pie DFEF Biscoff Loaf
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 5 Thursday	
Sausage Roll, Potato Waffle and Baked Beans	GF Sausage Roll
Tomato Soup and Focaccia	DF Tomato Soup GF Roll
Swiss Roll	GFDFSF Angel Cake DFEF Chocolate Orange Cake
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 5 Friday	
Fishcake, Smilies and Baked Beans	GF Fish Fingers
Quorn Nuggets, Smilies and Baked Beans	GF Vegetarian Sausage
Jam Doughnut	Doughnut Suitable for DFSFEF GFDFSF Jam Tart
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

## LCK Allergen Menu 25-26

Week 6 Monday	
Jacket Potato with Chicken and Bacon Mayo and Cucumber Sticks	
Jacket Potato, Cheese/Beans and Cucumber Sticks	DFSF Cheese
Apricot Oaty Slice	Suitable DFSFEF GFDFSFS Flapjack
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 6 Tuesday	
Roast Sausage, Roast Potatoes, Seasonal Vegetables & Gravy	GF Sausage
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables and Gravy	
Pancakes and Fruit Coulis	GFDFSFS Pancakes DFEF Victoria Sponge
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 6 Wednesday	
Chicken Nuggets, Wedges and Peas	GF Chicken Nuggets
Vegetable Burger, Wedges and Peas	GF Vegetarian Burger
Vanilla Ice Cream and Berry Coulis	DFSF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 6 Thursday	
Macaroni Cheese, Garlic Bread and Garden Salad	GFDFSFS Cheese sauce and GF Pasta Garlic Bread suitable for DFSFEF No Garlic Bread for GF
Macaroni Cheese, Garlic Bread and Garden Salad	
Toffee Cake	GFDFEF Caramel Cheesecake GFDFSFS Toffee Cake/Oaty Biscuits
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 6 Friday	
Battered Fish, Potato Waffle and Spaghetti Hoops	GF Fish Fingers and Baked Beans
Mediterranean Vegetable Gnocchi Bake	GF Pasta DFSF Pasta
Strawberry Iced Smoothie	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

## LCK Allergen Menu 25-26

Week 7 Monday	
Butchers Beef Burger in a Bun and Carrot Sticks	GF Burger and GF Bun
Vegetable Burger in a Bun with Carrot Sticks	GF Vegetarian Burger
Artic Roll	GFDFSFEF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 7 Tuesday	
Roast Chicken, Roast Potatoes, Seasonal Vegetables and Gravy	
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables and Gravy	
Carrot Cake	GFDFSF Angel Cake DFEF Victoria Sponge
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 7 Wednesday	
Chicken Goujons, Waffles and Baked Beans	GF Chicken Goujons
Jacket Potato with Baked Beans and Vegetable Sticks	
Mango and Orange Iced Smoothie	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 7 Thursday	
Mild Chilli Con Carne, Wholegrain Rice and Carrots	
Wholegrain Roasted Vegetable Pasta and Garlic Bread	GF Pasta and No Garlic Bread
Fruit Jelly and Custard	DFSF Custard
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 7 Friday	
Fish Fingers, Waffle & Peas	GF Fish Fingers
Macaroni Cheese and Peas	GFDFSF Cheese sauce and GF Pasta
Mint Chocolate Chip Ice cream	DFSF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

## LCK Allergen Menu 25-26

DELI MONDAY	
Ham Packed Lunch, Fruit, Yogurt, Crisps & Cookie	GFDFSF Ham Roll GFDFSF Cake / DFEF Biscuits DFSF Yogurt
Jacket Potato, Cheese and/or Baked Beans and Salad	DFSF Cheese

DELI TUESDAY	
Cheese Packed Lunch, Fruit, Yogurt, Crisps and Jam Tart	GFDFSF Cheese Roll GFDFSF Cake / DFEF Biscuits DFSF Yogurt
Jacket Potato with Tuna & Mackerel Mayo and Cucumber Salad	EF = DF Cheese

DELI WEDNESDAY	
Ham Wrap Packed Lunch, Fruit, Yogurt, Crisps and Shortbread	GFDFSF Ham Roll GFDFSF Cake / DFEF Biscuits DFSF Yogurt
Jacket Potato, Cheese and Coleslaw	DFSF Cheese EF = Vegetable Sticks

DELI THURSDAY	
Cheese Packed Lunch, Fruit, Yogurt, Crisps and Cake Bar	GFDFSF Cheese Roll GFDFSF Cake / DFEF Biscuits DFSF Yogurt
Jacket Potato with Tuna & Mackerel Mayo with Cucumber Salad	EF = DF Cheese

DELI FRIDAY	
Ham Packed Lunch, Fruit, Yogurt, Crisps and Angel Cake	GFDFSF Ham Roll GFDFSF Cake / DFEF Biscuits DFSF Yogurt
Jacket Potato Cheese and/or Baked Beans and Salad	DFSF Cheese