

# Weekly Menu Detail

February 2023 Wk1 Cantrell Dairy Free & Soya Free

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
<b>Pasta with Tomato &amp; Basil sauce Secondary Vegan*</b>	<b>Chicken &amp; Tomato Pasta Bake* DF</b>	<b>Roast Pork, Gravy &amp; (Primary) sliced*</b>	<b>Beef Spaghetti Bolognese (Inc spaghetti) *</b>	<b>HR Salmon &amp; Sweet Potato Fish Cake</b>
Contains Cereals containing Gluten	Contains Cereals containing Gluten	<b>Quorn fillets DF &amp; GF</b>	Contains Cereals containing Gluten	Contains Cereals containing Gluten
Contains Wheat	Contains Wheat	Contains Eggs	Contains Wheat	Contains Fish
Sides		Sides		Contains Wheat
<b>Carrots*</b>	<b>Ham Baguette 1/2*</b>	<b>Roast Potatoes Org*</b>	<b>Tuna Salad Wrap**</b>	<b>Cheese &amp; tomato pizza brown base DF* 12</b>
Dessert	Contains Cereals containing Gluten	<b>Vegetable Medley*</b>	Contains Cereals containing Gluten	Contains Cereals containing Gluten
<b>Shortbread Cookie**</b>	Contains Wheat	Dessert	Contains Fish	Contains Wheat
Contains Cereals containing Gluten	May Contains Barley	<b>Shortbread Cookie**</b>	Contains Eggs	Sides
Contains Wheat	May Contains Oats	Contains Cereals containing Gluten	Contains Wheat	<b>Tomato ketchup</b>
<b>Fresh Fruit Salad*</b>	<b>Sweetcorn*</b>	Contains Wheat	<b>Quorn Cottage Pie **</b>	<b>Oven chips*</b>
	<b>Mixed Salad*</b>	<b>Fresh Fruit Salad*</b>	Contains Celery /Celeriac	<b>Fresh Broccoli*</b>
	Dessert		Contains Eggs	Dessert
	<b>Chocolate Orange Muffin GF DF*</b>		Contains Wheat	<b>Fresh Fruit Salad*</b>
	Contains Eggs		Contains Barley	<b>Ginger Biscuit*</b>
	<b>Fresh Fruit Salad*</b>		Contains Oats	Contains Cereals containing Gluten
			Sides	Contains Eggs
			<b>Baguette Chunks*</b>	

Contains Cereals containing  
Gluten  
Contains Wheat  
May Contains Barley  
May Contains Oats

Contains Wheat

**Peas\***

**Cherry tomatoes & Carrot  
sticks**

**Dessert**

**Fresh Fruit Salad\***

**Pear & Ginger Sponge**

Contains Cereals containing  
Gluten  
Contains Eggs  
Contains Wheat

# Weekly Menu Detail

February 2023 Wk 2 Cantrell Dairy Free & soya Free

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
<b><u>Pasta with Tomato &amp; Basil sauce Vegan*</u></b>	<b><u>All day breakfast (Veg)</u></b>	<b><u>Roast Turkey, Gravy, sliced and cooked</u></b>	<b><u>Chicken curry Punjabi *</u></b>	<b><u>Fish Fingers*</u></b>
Contains Cereals containing Gluten	Contains Cereals containing Gluten		Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg	Contains Cereals containing Gluten
Contains Wheat	Contains Wheat	<b><u>Quorn fillets DF &amp; GF</u></b>		Contains Fish
		Contains Eggs		Contains Wheat
<b>Mixed Salad*</b>	<b><u>All day breakfast *</u></b>	Sides	<b><u>Jacket Potato with Tuna Mayonnaise (60)*</u></b>	<b><u>Cheese &amp; tomato pizza brown base DF* 12</u></b>
Sides	Contains Cereals containing Gluten	<b>Gravy*</b>	Contains Fish	Contains Cereals containing Gluten
	Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg	<b>Roast Potatoes Org*</b>	Contains Eggs	Contains Wheat
<b>Baguette Chunks*</b>	Contains Wheat	<b>Vegetable Medley*</b>	Sides	Sides
Contains Cereals containing Gluten		Dessert		
Contains Wheat	<b><u>Ham Baguette 1/2*</u></b>	<b>Fresh Fruit Salad*</b>	<b>Fresh Broccoli*</b>	<b>Peas*</b>
May Contains Barley	Contains Cereals containing Gluten		<b>Sweetcorn*</b>	<b>Oven chips*</b>
May Contains Oats	Contains Wheat	<b>Flapjack*</b>	<b>White Rice*</b>	Dessert
	May Contains Barley	Contains Cereals containing Gluten	Dessert	<b>Fresh Fruit Salad*</b>
<b>Carrots*</b>	May Contains Oats	May Contains Wheat	<b>Fresh Fruit Salad*</b>	
Dessert	Sides	May Contains Barley		
		Contains Oats	<b>Cornflake Tart*</b>	
<b>Fresh Fruit Salad*</b>	<b>Mixed Salad*</b>	<b>Sultanas or Raisins</b>	Contains Cereals containing Gluten	
	<b>Baked Beans*</b>		Contains Wheat	
<b>Shortbread Cookie**</b>				
Contains Cereals containing Gluten				

Contains Wheat

**Bread & Butter \***

Contains Cereals containing

Gluten

Contains Wheat

[Dessert](#)

**Jelly & Fruit**

# Weekly Menu Detail

February 2023 Wk 3 Cantrell Dairy Free & Soya free

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
<u>Vegetable Chick Pea Curry</u>	<u>Pasta with Tomato &amp; Basil sauce Vegan*</u>	<u>Roast Chicken Fresh</u>	<u>Quorn sausage</u>	<u>Fish Fingers*</u>
<u>Pasta with Tomato &amp; Basil sauce Vegan*</u>	Contains Cereals containing Gluten	<u>Quorn fillets DF &amp; GF</u>	Contains Cereals containing Gluten	Contains Cereals containing Gluten
Contains Cereals containing Gluten	Contains Wheat	Contains Eggs	Contains Wheat	Contains Fish
Contains Wheat		Sides		Contains Wheat
Sides	<u>BBQ Chicken pieces **</u>	<u>Roast Potatoes Org*</u>	<u>Pasta with Tomato &amp; Basil sauce Vegan*</u>	<u>Cheese &amp; tomato pizza brown base DF* 12</u>
<u>Baguette Chunks*</u>	<u>Ham Sub roll 1/2* White</u>	<u>Vegetable Medley*</u>	Contains Cereals containing Gluten	Contains Cereals containing Gluten
Contains Cereals containing Gluten	Contains Cereals containing Gluten	Dessert	Contains Wheat	Contains Wheat
Contains Wheat	Contains Wheat			Sides
May Contains Barley	Sides	<u>Oaty Cookies*</u>	<u>Sausages Thin Maloney*</u>	<u>Baked Beans*</u>
May Contains Oats	<u>Baguette Chunks*</u>	Contains Cereals containing Gluten	Contains Cereals containing Gluten	Tomato ketchup
<u>Carrots*</u>	Contains Cereals containing Gluten	Contains Wheat	Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg	<u>Oven chips*</u>
<u>White Rice*</u>	Contains Wheat	May Contains Barley	Contains Wheat	Dessert
Dessert	May Contains Barley	Contains Oats	Sides	<u>Rice Krispie Cake**</u>
<u>Fresh Fruit Salad*</u>	May Contains Oats	<u>Fresh Fruit Salad*</u>	<u>Mixed Salad*</u>	Contains Cereals containing Gluten
	<u>Sweetcorn*</u>		<u>Baguette Chunks*</u>	Contains Barley
<u>Flapjack*</u>	<u>Mixed Salad*</u>		Contains Cereals containing	<u>Fresh Fruit Salad*</u>



Contains Cereals containing  
Gluten  
May Contains Wheat  
May Contains Barley  
Contains Oats

**Dessert**

**Fresh Fruit Salad\***

**Iced Mandarin Sponge\***

Contains Cereals containing  
Gluten  
Contains Eggs  
Contains Wheat

Gluten  
Contains Wheat  
May Contains Barley  
May Contains Oats

**Peas\***

**Mashed Potatoes\*\***

**Dessert**

**Chocolate sponge\***

Contains Cereals containing  
Gluten  
Contains Eggs  
Contains Wheat

**Fresh Fruit Salad\***