

# YOUR MENU THIS WEEK

WEEK ONE

WEEK COMMENCING

04.09.23, 25.09.23, 16.10.23, 13.11.23, 04.12.23



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Italian style beef or halal beef pasta bake (gluten, milk)	Chicken or halal chicken korma (milk)	Roasted chicken or halal chicken & gravy	Beef or halal beef burger in a bun (celery, gluten, soya, sulphites)	Battered fish (fish, gluten)
PLANT POWER	Hidden vegetable ragu pasta bake (v) (gluten, milk)	Chickpea & cauliflower korma (v) (milk, gluten)	Falafel loaf with gravy (v) (egg, gluten, milk, soya)	Vegetable & bean burger in a bun (v) (gluten)	Veggie frittata (v) (egg, milk)
SIDES	Garden peas, salad selection	Broccoli, 50/50 rice	Skin on roast potatoes, medley of vegetables	Potato wedges, sweetcorn	Chips, baked beans
PUDDINGS	Fruity flapjack (v) (gluten)	Berry cookie (v) (gluten)	Yoghurt (v) (milk)	Chocolate & vanilla mousse (v) (milk)	Fruit jelly (v)

Available daily

Jacket Potatoes with Beans, Cheese (milk)  
 Fresh Fruit, Daily Salad, Handmade Bread (gluten, milk, soya, may contain egg)

\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\*

