

# YOUR MENU THIS WEEK

WEEK  
COMMENCING  
00.00.2022



Available daily

WEEK ONE COMMENCING 5<sup>th</sup> September  
19<sup>th</sup> December

Handmade Bread (1,3,6,11), Fresh Salads & Fruit,  
Jacket Potatoes with Beans, Cheese (1)

|             | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|-------------|---|--|---|--|---|
| MAIN MEAL   | Cheese & tomato pizza. (v)<br>(1,3,6)(mc.11)                        | Beef bolognese with 50/50 pasta<br>(3)         | Roast chicken & gravy                             | Chicken sausage hot dog with ketchup<br>(3,12)(mc.7) | Fish fingers (2,3)                                    |
| PLANT POWER | Chickpea, spinach & potato curry with 50/50 rice. (v)<br>(1)(mc.13) | Red lentil & vegetable bolognese. (v)<br>(1,3) | Cheesy cauliflower & squash bake. (v)<br>(1,3,14) | Quorn hot dog with ketchup. (v)<br>(1,3,11)(mc.7)    | Broccoli, tomato & cheddar topped focaccia. (v) (1,3) |
| SIDES       | Sweetcorn<br>Baked beans<br>Garlic & herb potatoes (mc.13)          | Carrots<br>Green beans                         | Roast potatoes (mc.13)<br>Medley of vegetables    | Baked potato wedges<br>Sweetcorn<br>Winter slaw (11) | Chips<br>Baked beans Peas                             |
| PUDDINGS    | Cherry & vanilla shortbread (1,3)                                   | Marbled sponge with chocolate sauce (1,3,11)   | <b>Rice pudding with fruit compote (1)</b>        | Wholemeal caramel apple crumble & custard (1,3)      | Fruit jelly (12)                                      |

Allergn Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard.

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

