

YOUR MENU THIS WEEK



Available daily

WEEK THREE COMMENCING 5TH SEPTEMBER
19TH DECEMBER

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Roasted vegetable pasta bake (v) (1,3)	Traditional beef & vegetable pie with gravy (1,3)	Roast Chicken & gravy	Chicken goujons with bbq sauce (3)	Fish fingers (2,3)
PLANT POWER	Smoky vegetable & cheese pizza (v) (1,3,6) (mc.11)	Butternut squash & red pepper pie (v)(3)	Quorn sausages & gravy(v) (3)	Vegetable & bean wrap (v) (3)	Cheese, potato & onion pie (v) (1,3)
SIDES	Half a jacket Sweetcorn & pepper Coleslaw (11) Peas	Mash(v) (mc.13) Cauliflower Green beans	Roast potatoes (mc.13) Green cabbage Carrots	Potato wedges Sweetcorn Broccoli	Chips Baked beans Peas
PUDDINGS	Ice cream/ yoghurt (1)	Oat cookie (1,3) with a glass of milk (1)	Chocolate & fruit rice pudding. (v) (1)	Winter fruit sponge with custard (1,3,11,12)	Krispie cake (v) (1,3,6)

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

