MENU WEEK C

Week commencing : 16 Nov, 7 Dec 26

Fresh Start

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Vegetable Biryani (vg)	*Cajun chicken rice*	*Toad in the Hole roast potatoes SULPHITES* GLUTEN,MILK,EGG	Beef tortilla bake GLUTEN, MILK	*Fish fingers and chips* FISH, GLUTEN
Main Meal 2	*Cheese and tomato pizza with potato salad* GLUTEN, MILK	Cheese, onion &sweetcorn puff GLUTEN,MILK	Veggie toad in the hole with roast potatoes (vg) EGG, MILK,GLUTEN, SOYA	Pesto pasta (vg) GLUTEN	*Bean burger and chips* (vg)
Jacket Potato /Pasta	*Pasta with an Italian tomato sauce(vg)* GLUTEN	*Pasta with an Italian tomato sauce(vg)* GLUTEN	*Pasta with an Italian tomato sauce(vg)* GLUTEN	Jacket Potato with baked beans and cheese (vg) MILK	*Pasta with an Italian tomato sauce(vg)* GLUTEN
Deli	Choice of breads with cheese, tuna or egg GLUTEN,FISH,EGG,MILK	Choice of breads with cheese, tuna, ham or egg GLUTEN,FISH,EGG,MILK	Choice of breads with cheese, tuna, ham or egg GLUTEN,FISH,EGG,MILK	Choice of breads with cheese, tuna, ham or egg GLUTEN,FISH,EGG,MILK	Choice of breads with cheese, tuna, ham or egg GLUTEN,FISH,EGG,MILK
Sides	*Peas & carrots*	Swede and broccoli	Cabbage & sweetcorn	Vegetable medley	Baked beans or peas
Desserts	*Fruit salad with berry drizzle (vg)*	Strawberry Jelly (vg)	*Fruit platter Yoghurt MILK*	Orange jelly and peaches (vg)	Chocolate and beetroot brownie (vg) GLUTEN

Fresh fruit is served every day. Seasonal vegetables are available with all meals as well as access to the salad bar along with our fresh bread. Where possible, we buy locally sourced produce. All of our meat is high welfare and our eggs are responsibly sourced and free range. Our spreads and cooking fats are vegan.