



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Omelettes 2,4,7 Seasonal Wedges 2 Seasonal vegetables	Meatballs in Gravy 2,13 Creamed Potato 7 Meatballs in Tomato Sauce 2,13 Seasonal vegetables	Chicken Tikka Masala 7,9 Rice Seasonal vegetables	Roast Chicken Stuffing 2 Creamed Potato 7 Roast Potatoes Seasonal vegetables gravy	Fish Fingers 5 Fish Cakes 2,5,13 Battered Fish 2,5 Chips Peas / mushy Peas / beans
For Allergens see numbers in brackets next to each dish and refer to the table below					
OPTION 2	Tomato Pasta Bake 2,7 Garlic Bread 2,4,7 Seasonal Vegetables	Spicy Vegetable wrap 2,7 Seasonal Wedges 2 Seasonal vegetables	Vegetable Curry (v) 2,7,9 Seasonal Wedges 2 Homemade Coleslaw 4,7,9 Seasonal vegetables	Quorn Roast 4,7 Stuffing 2 Creamed Potato 7 Roast Potatoes gravy Seasonal vegetables	Fishless Finger 1,2 Chips Peas /mushy peas Beans
OPTION 3	Assorted Sandwiches in wholemeal bread 2,4,5,7,9,13 Baguettes 2,4,5,7,9 Wraps 2,4,5,,9	Assorted Sandwiches in wholemeal bread 2,4,5,7,9,13 Baguettes 2,4,5,7,9 Wraps 2,4,5,,9	Assorted Sandwiches in wholemeal bread 2,4,5,7,9,13 Baguettes 2,4,5,7,9 Wraps 2,4,5,,9	Assorted Sandwiches in wholemeal bread 2,4,5,7,9,13 Baguettes 2,4,5,7,9 Wraps 2,4,5,,9	
DESSERT CHOICE	Chocolate Crunch 2,4,7 Custard 7 Fresh Fruit salads Whips 7 Cheese and crackers 2,,7 Yoghurts 7 jelly	Orange and Lemon Shortcake 2,4,7 Custard 7 Fresh fruit salads Whips 7 Cheese and crackers 2,7 Yoghurts 7 jelly	Ice Cream 7 fresh fruit salads Whip 7 Cheese and crackers 2,7 Yoghurts 7 jelly	Strawberry Slice 2,4,7 fresh fruit salads jelly Whip 7 Cheese and crackers 2,,7 Yoghurts 7	Friday Bake Chocolate Eclairs 2,4,7 Melting Moment Biscuits 2,4,7 Whip 7 Cheese and Crackers 2,7 yoghurts 7

VEGETARIAN (V)

**We also offer filled jacket potatoes (4,5,7,9), unlimited vegetables and salad to accompany meals as well as fresh baked bread (2,4,7)
Fresh water or milk to drink (7)**

ALLERGENS

