

YOUR MENU THIS WEEK



WEEK
COMMENCING
12.09.2022
03.10.2022
31.10.2022
21.11.2022
12.12.2022
16.01.2023
06.02.2023

Available daily

WEEK THREE

Handmade Bread (1,3,6) (mc 11), Fresh Salads & 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 gammon & 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 (ve)(3,6)	Quorn sausage & gravy (ve) (3)	Vegetable & bean wrap (ve) (3)	Cheese, potato & onion pie (v) (1,3)
SIDES	Half a jacket Sweetcorn & pepper Coleslaw (11) Peas	Mash potato Cauliflower Green beans	Roast potatoes Green cabbage Carrots	Potato wedges Sweetcorn Broccoli	Chips Baked beans Peas
PUDDINGS	Ice cream (1)	Oat cookie (3) with a cup of milk (1)	Chocolate & fruit rice pudding (1)	Winter fruit sponge (1,3,11) with custard (1)	Krispie cake (1,3)

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

