

# YOUR MENU THIS WEEK



WEEK  
COMMENCING  
05.09.2022  
26.09.2022  
17.10.2022  
14.11.2022  
05.12.2022  
09.01.2023  
30.01.2023

Available daily

WEEK TWO

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mac & cheese (v) (1,3,14)	Chicken meatballs with tomato sauce	Roast turkey with gravy	Cottage pie (1,3) (mc 3)	Fish fingers (2,3) Or Salmon fishcakes (2,3)
PLANT POWER	Vegetable burrito with potato wedges (v) (3,6)	Lentil & bean casserole (v) (1,6) (mc 3)	Autumn vegetable cobbler (v) (1,3)	Vegetarian cottage pie (v) (3,11)	Roasted squash & pepper frittata (1,11) (v)
SIDES	Sweetcorn & peas Side salad	50/50 rice Carrots Green beans	Roast potatoes (mc 13) Medley of vegetables	Cauliflower Broccoli	Chips Baked beans Peas
PUDDINGS	Fruit medley	Orchard fruit crumble (1,3) with vanilla sauce (1)	Yoghurt (1)	Berry ripple sponge (1,3,11,12) with custard (1)	Golden syrup & ginger biscuit (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\*

