MENU WEEK A

Weeks commencing : 2 Nov, 23 Nov, 14 Dec 26

Fresh Start

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Sweet potato, coconut and red pepper curry and rice (vg)	Sausage plait with new potatoes and Gravy GLUTEN, SULPHITES	Roast chicken, roast potatoes & Yorkshire pud GLUTEN,EGG,MILK	Mild beef chilli and rice	Fish fingers and chips GLUTEN, FISH
Main Meal 2	Cheese and tomato pizza with potato salad GLUTEN, MILK (v)	Veggie chilli and rice(vg)	Cowboy Pie with roast potatoes (vg) GLUTEN, SOYA	Meatless meatballs & Rice (vg) SOYA	Falafal 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 MILK(v)	Pasta with an Italian tomato sauce(vg) GLUTEN
Deli	Choice of breads with cheese, tuna or egg FISH,MILK,GLUTEN,EGG SOYA	Choice of breads with cheese, tuna, ham or egg FISH,MILK,GLUTEN,EGG SOYA	Choice of breads with cheese, tuna, ham or egg FISH,MILK,GLUTEN,EGG, SOYA	Choice of breads with cheese, tuna, ham or egg FISH,MILK,GLUTEN,EGG, SOYA	Choice of breads with cheese, tuna, ham or egg m FISH,MILK,GLUTEN,EGG, SOYA
Sides	Sweetcorn & Green beans	Broccoli & swede	Carrots & peas	Vegetable medley	Baked beans or peas
Desserts	Fruit salad with berry drizzle (vg)	Strawberry Jelly (vg)	Fruit Platter Yoghurt MILK	Jelly and peaches (vg)	Banana Bread cookie Gluten (vg)

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.