# 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 (v) | Cheese, onion &sweetcorn puff (v) GLUTEN,MILK | Veggie toad in the hole with roast potatoes (v) 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 (v) MILK | *Pasta with an Italian tomato sauce(vg)* GLUTEN |
| Deli | Choice of breads with cheese, tuna or egg GLUTEN,FISH,EGG,MILK, SOYA | Choice of breads with cheese, tuna, ham or egg GLUTEN,FISH,EGG,MILK, SOYA | Choice of breads with cheese, tuna, ham or egg GLUTEN,FISH,EGG,MILK, SOYA | Choice of breads with cheese, tuna, ham or egg GLUTEN,FISH,EGG,MILK, SOYA | Choice of breads with cheese, tuna, ham or egg GLUTEN,FISH,EGG,MILK, SOYA |
| 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.