

# Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Salmon Fish Cake</b> <sup>2,5,14</sup> Herby Diced Potatoes Carrots & Sweetcorn	<b>Peri-Peri Chicken</b> Rice Mixed Vegetables	<b>Roast Pork Slice</b> Roast Potatoes Broccoli & Carrots with Gravy <sup>7,13</sup>	<b>Beef Lasagne</b> <sup>2,4,7</sup> Garlic Bread <sup>2</sup> Mixed Vegetables	<b>G/F Seaside Style Fillet of Fish</b> <sup>5</sup> Chips Peas & Sweetcorn
<b>Quorn Dippers</b> <sup>2,4,7</sup> Herby Diced Potatoes Sweetcorn	<b>Quorn Vegan Nuggets</b> <sup>2</sup> Rice Mixed Vegetables	<b>Chicken Curry</b> <sup>7</sup> Rice Broccoli & Carrots	<b>Vegetable Lasagne</b> <sup>2,4,7,9</sup> Garlic Bread <sup>2</sup> Mixed Vegetables	<b>Cheese &amp; Tomato Pizza</b> <sup>2,7</sup> Chips Peas & Sweetcorn
<b>Pasta Bake</b> <sup>2,7</sup> Garlic Bread <sup>2</sup> Sweetcorn	<b>Jacket Potato</b> Baked Beans, Cheese <sup>7</sup> or Tuna <sup>5</sup>	<b>Crispy Crumbed Vegetable Bake</b> <sup>2,14</sup> Roast Potatoes Broccoli & Carrots	<b>Jacket Potato</b> Baked Beans, Cheese <sup>7</sup> or Tuna <sup>5</sup>	<b>Vegetable Nuggets</b> <sup>2</sup> Chips Peas & Sweetcorn
Chocolate & Vanilla Mousse <sup>7</sup> Fresh Fruit	Flapjack <sup>2</sup> Fresh Fruit	Apple Crumble <sup>2</sup> With Custard <sup>7</sup> Fresh Fruit	Fruit Flavoured Iced Smoothie Fresh Fruit	Chocolate Marble Cake <sup>2,4,7</sup> Fresh Fruit

Available Daily

Seasonal Salad Bar / Seasonal Fruit / Yeo Valley Organic Fruit Yoghurt

Unlimited Additional Bread / Chilled Water / Milk. Ketchup available with selected meals.



Allergy Key: 1 Celery 2 Gluten 3 Crustaceans 4 Egg 5 Fish 6 Lupin 7 Milk 8 Mollusc 9 Mustard 10 Nuts 11 Peanuts 12 Sesame Seeds 13 Soya 14 Sulphur Dioxide