

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Breaded Fish Goujons 2,5 Herby Diced Potatoes Carrots & Sweetcorn	Peri-Peri Chicken Rice Mixed Vegetables	Roast Pork Slice Roast Potatoes Country Mixed Vegetables Gravy	G/F Seaside Style Fillet of Fish 5 Chips Peas & Sweetcorn	Beef Lasagne 2,4,7,13 Garlic Bread 2 (M/C 7,13) Mixed Vegetables
Quorn Dippers 2,4,7 Herby Diced Potatoes Carrots & Sweetcorn	Quorn Vegan Nuggets 2 Rice Mixed Vegetables	Chicken Curry 7 Rice Country Mixed Vegetables	Cheese & Tomato Pizza 2,7 (M/C 1) Chips Peas & Sweetcorn G/F and D/F Options Available	Vegetable Lasagne 2,4,7,9 (M/C 13) Garlic Bread 2 (M/C 7,13) Mixed Vegetables
Pasta Bake 2,7 Garlic Bread 2 (M/C 7, 13) Carrots & Sweetcorn G/F and D/F Options Available	Jacket Potato Baked Beans, Cheese 7 or Tuna 5	Crispy Crumbed Vegetable Bake 2 Roast Potatoes Country Mixed Vegetables	Vegetable Nuggets 2 Chips Peas & Sweetcorn	Jacket Potato Baked Beans, Cheese 7 or Tuna 5
Chocolate & Vanilla Mousse 7 Fresh Fruit	Flapjack 2 (M/C 4,7,13) Fresh Fruit	Apple Crumble 2 (M/C 4,7,13) With Custard 7 Fresh Fruit	Cookies 2,4,7,13 Fresh Fruit	Fruit Flavoured Iced Smoothie 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

G/F = Gluten Free D/F = Dairy Free M/C = May Contain