



WEEK COMMENCING:-

4/9/17, 25/9/17, 16/10/17, 6/11/17, 27/11/17, 8/12/17, 29/12/17, 19/1/18, 12/3/18

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sausages mashed potato seasonal vegetables ALLERGENS 7,14	chicken curry Rice Seasonal vegetables ALLERGENS: 4,9	cheese and tomato pizza (v) potato wedges seasonal vegetables ALLERGENS: 2,7	<u>CARVERY</u> selection of roast meats mashed or roast potato,yorkshire pudding and seasonal vegetables ALLERGENS: 2,4,7	Battered Fish, Fish fingers or Fish cakes Chips peas or beans ALLERGENS: 2,5,7,9,13
OPTION 2	Vegetable sausage (v) mashed potato and seasonal vegetables ALLERGENS:2,7,13,14	Mega Macaroni bake(v) seasonal vegetables ALLERGENS: 2,4,	Vegetable and bean Burrito (v) with Rice seasonal vegetables ALLERGENS: 2	Vegetarian (quorn) carvery (v) mashed or roast potatoes and seasonal vegetables ALLERGENS: 2,4,7	Mediterranean vegetable quiche(v) chips peas or beans ALLERGENS: 2,4,7
DESSERT CHOICE	Fruity flapjack with custard Fruit pots Fruit jellies ALLERGENS: 2,4,7	creamy mousse tub with shortcake finger Fruit pots Fruit jellies ALLERGENS: 1,2,7,4	Chocolate crunch with custard fruit jellies fruit pots ALLERGENS: 2,4,7	Raspberry Ripple sponge and custard fruit pots fruit jellies ALLERGENS: 2,4,7	Great Friday bake off ALLERGENS 2,4,7

We also offer filled Jacket Potatoes (4, 5, 7, 9), or Wholemeal Pasta & Sauce (2, 7)
All served with unlimited vegetables or Salad to accompany the meals.

Freshly prepared Salad bar & Bread baked daily (2,4,7)

Fresh Water & Milk to drink

VEGETARIAN (V)

FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS

ALLERGENS

- 1 Cereals containing gluten
- 2 Eggs
- 3 Crustaceans
- 4 Fish
- 5 Milk
- 6 Lupin
- 7 Mustard
- 8 Molluscs
- 9 Nuts
- 10 Peanuts
- 11 Sesame seeds
- 12 Sulphur dioxide (sometimes known as sulphites)
- 13 Soy
- 14