YOUR MENU THIS WEEK



**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week one**  **06/09/21**  **27/09/21**  **18/10/21**  **15/11/21**  **06/12/21** | Cheese & tomato pizza (v) (1,3,6)  Or  Vegetable & bean wrap (vg) (3)    ½ baked jacket, baked beans & pasta salad (1,3)  Fruit jelly | beef bolognaise  Or  Vegetable bolognaise (vg)  Pasta (3),  Carrots, green beans  Toffee apple wholemeal cookie with ½ glass milk (1,3) | Roast chicken & gravy  Or  Vegetable & lentil wellington (1,3,11)  Roast potatoes  Seasonal greens, roasted vegetables  Fresh fruit salad | Chicken burger in sesame bun (1, 3 ,6, 13)  Or  Vegetable burger in a sesame bun (vg) (3,7)  Potato wedges, sweetcorn, coleslaw (11)  Jam sponge & custard (1,3,11) | Fish fingers (2,3)  Or  Vegetable sausage (vg) (3)  Chips, baked beans, peas  Chocolate & orange biscuit with chocolate sauce (1,3) |
| **Week two**  **13/09/21**  **04/10/21**  **01/11/21**  **22/11/21**  **13/12/21** | Mild mixed bean & potato  Curry with 50/50 rice (v) (1)  Or  Mac & cheese with basil bread (v) (1,3,6,14)  Broccoli & carrots  Vanilla shortbread (1,3) | Mince beef burrito  (1,3)  Or  Vegetable & mixed bean burrito (vg) (3,6)  Sweetcorn,  Mexican potato salad, herby wholemeal bread  Fruit jelly with cream (1) | Roast turkey, gravy & stuffing (3)  Or  Cauliflower & lentil bake (v) (1,3)  Roast potatoes  Kale & carrots  Chocolate brownie (1,3,11) | Chicken sausages with gravy (1,3,11,12)  Or  Vegetable sausages with gravy (3)  Mash potato (1), savoy cabbage & green beans  Rice pudding with jam (1) | Fish fingers (2,3)  Salmon fishcake, (2,3,14)  Or  Vegetable fingers  (3) (vg)  Chips, baked beans, peas  Wholemeal banana & apple crumble and custard (1,3) |
| **Week three**  **20/09/21**  **11/10/21**  **08/11/21**  **29/11/21** | Tomato & basil pasta (3) (vg)  Or  Pepper & spring onion frittata with new potatoes (1,11)  Garden peas  Seasonal salad,  Fruit flapjack cookie (1,3) | Mild chicken katsu with light curry sauce (1, 3, 6, 13)  Or  Vegetable katsu with light curry sauce (3) (vg)  50/50 rice, green beans, carrots  Oaty fruit crumble & custard (1,3) | Roast chicken & gravy  Or  Vegetable & soya minced pie  (v) (6,1)  Roast potatoes, swede & savoy cabbage  Fruit jelly with cream (1) | Beef & vegetable ragu  Or  Quorn balls in a tomato sauce (v) (3,11)  Pasta (3), broccoli & sweetcorn  Fruit sponge with custard (1,3,11) | Battered fish  (2,3)  Or  Roasted pepper & mixed bean quesadilla, tomato salsa (vg) (3)  Chips, beans, peas  Wholemeal oat cookie with ½ glass milk (1,3) |

**Allergen Key**: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard V= vegetarian VG= Vegan **MENU IS SUBJECT TO CHANGE \***

Available Daily: Handmade Bread, Fresh Salad & Fruit Also Available, Daily Jacket Potatoes with Beans, Cheese (1) Or Tuna Mayonnaise (2,11)