# MAINS Week One: MON TUE WED THU

Butchers Pork Sausages

with Gravy **(G,Su)** 

Onion Chutney (Su,So,Mu,L)

Carrots Broccoli

Creamy Mashed Potato

Vegetarian Sausages

with Roast Gravy (G,Ce)

Onion Chutney (Su,So,Mu,L)

Carrots Broccoli

Creamy Mashed Potato

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### \* MASALA MOMENTS \*

Chicken Jalfrezi (G)

Lentil and Cauliflower Dahl (G) Pilau Rice Raita (Mk) Mango Chutney

> *Extra* Naan bread **(G)** Onion Bhaji **(None)**

### BOAST

Thyme Roast Chicken with Roast Gravy

VEGAN Beetroot & Squash Wellington **(G,So)** 

Sage & Onion Stuffing Balls (G) Roast Potatoes Seasonal Vegetables

Extras Yorkshire Pudding (G,Mk,E)

## Mexican Chilli Beef Con Carne

with Steamed Rice and Sour Cream (Mk)

Nachos Sweetcorn and Peppers

Vegan Chilli with Steamed Rice and Vegan Sour Cream **(So,Mu,Ce)** 

Nachos Sweetcorn and Peppers

#### \* 71911 & Chip Shop \*

FRI

Battered Fish Fillet (G,F)

Cheese & Onion Patty (G,So,Mk,E)

Sausage(Su)

Chips Garden Peas Baked Beans



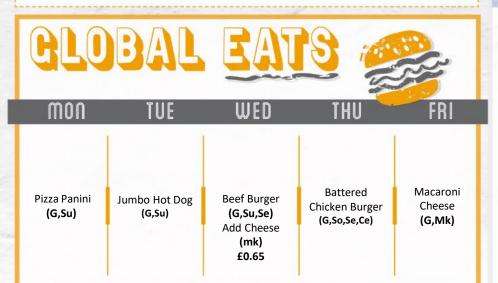


PASTA BAR Mon & Wed Tomato and Basil (G) <u>Tue & Thurs</u> Slow Cooked Beef Bolognaise (G) SERVED WITH Home baked Garlic Bread (G,So,Mk) Pesto (Mk) & Cheese (Mk)

ALLER	GENS
We	ire allergy gurus!
Ce = Celery	Mo = Molluscs
Cr = Crustacean	Mu = Mustard
E = Eggs	N = Nuts
F = Fish	P = Peanuts
G = Cereals	Se = Sesame Seeds
containing Gluten	So = Soya
L = Lupin	Su = Sulphur
Mk = Milk	Dioxide

Speak to one of our chefs if you have any allergies.

Check out what's on offer today, available for free school meals!



MONDAY Chocolate Sponge and Chocolate Sauce (G,So,Mk,E) TUESDAY Sticky Toffee Pudding (G,Su,Mk,E) with Toffee Sauce (Su,Mk) WEDNESDAY Pear and Apricot Crumble with Custard (G,So,Mk) THURSDAY Roasted Pineapple and Giscar Calo

Roasted Pineapple and Ginger Cake **(G,So,Mk,E)** 

FRIDAY Raspberry Jam and Coconut Sponge (G,Su,So,Mk,E)

MAI	NS Week	Two:	All and a second		
mon	TUE	WED	THU	FRI	THE
Macaroni Cheese Pasta Served with Chefs Salad (G,MK,Mu)	* CARIDDEAN *	* 20237 *	Slow Cooked Beef Lasagne Topped with Mozzarella <b>(G,Mk,E)</b> Chef Salad	* FISH & CHIP SHOP *	-PL

Extras Garlic Bread (G,So,Mk)

Oven Baked Gnocchi with Tomato, Mozzarella and Pesto Green Beans

> Extras Garlic Bread (G,So,Mk)

Sticky Jerk Chicken with Pineapple Salsa **(Su)** 

Caribbean Butternut Squash and Black Bean Stew

Coconut Rice and Peas (Su)

Papaya Coleslaw (G,So)

Roast Gammon with Roast Gravy

Lentil Wellington (G,So)

Sage & Onion Stuffing Balls **(G)** Roast Potatoes Seasonal Vegetables

Extras Yorkshire Pudding (G,Mk,E) Chef Salad Coleslaw **(E)** 

Extra Focaccia Fingers (G)

Mediterranean Vegetable Lasagne Topped with Mozzarella **(G,Mk,E)** 

> Chef Salad Coleslaw **(E)**

Extra Focaccia Fingers (G)

> MONDAY Sticky Lemon Sponge

with Custard (G,So,Mk,E) TUESDAY Carrot Cake (G,Mk,E)

WEDNESDAY Dutch Apple Caramel Tart with Custard (G,So,Mk,E) THURSDAY Banana Cake with Cream Cheese Frosting (G,Mk,E)

FRIDAY

Iced Vanilla Sponge with Sprinkles

(G,Su,Mk,E)

Battered Fish Fillet (G,F)

Vegetarian Sausage Dogs (G,Su,Se,Mu,E)

> Sausage **(Su)** Chips Garden Peas Baked Beans

THEME BABS -PLUS DAILY-JACKET POTATOES & SALAD BAR

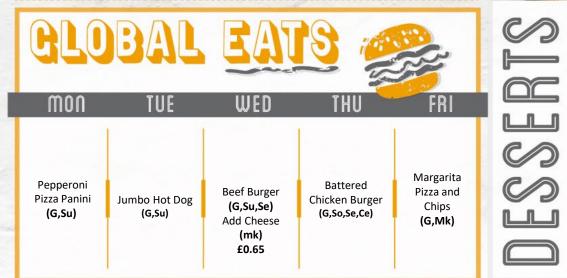


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MAI	NS Week	Three:	All and the second s		
mon	TUE	WED	THU	FRI	THEME BARS
	TEX MEX   Mex Spiced Chicken (chiladas (G,Mu,Mk))   Tex Mex Spiced Chicken (chick pea and Vegetable (boqueta (Su,Mu))   Blackbean, Sweetcorn and Coriander Rice (seared Greens)   Tex Mex Spiced Chicken (chick pea and Vegetable (box)   Blackbean, Sweetcorn and Coriander Rice (seared Greens)   Tex Mex Spiced Chicken (box)   Tex Mex Spiced Chic		Creamy Honey and Mustard Pork with Leeks (G,Mu,Mk) Savoury Rice Sweetcorn Creamy Honey & Mustard Quorn and Vegetables (G,Mu,Mk,E) Savoury Rice Sweetcorn Sweetcorn	F131 & GUIP SUOP   Battered Fish Fillet (G,F)   Cheese, Tomato and Roasted Onion Quiche (G,Mk,E)   Sausage(Su) Chips Garden Peas Baked Beans   Output   Output   Day   inger cake (G,So,Mk,E)   Day	<section-header></section-header>
MOOTUEBBQ Chicken and Cheese Panini (G,Su)Jumbo Hot (G,Su)	Beef Burger B	attered ken Burger ,So,Se,Ce) Macaroni Cheese (G,Mk)	Rice Pudd Raspberry S WEDNE Apple Crumble (G,So, THURS Lemon Blor Sticky Toffe (G,Su,Mk,E) with (Su,M	auce (Mk) SDAY e and Custard Mk) SDAY ndie (G,E) AY E Pudding h Toffee Sauce Mk) C C C C C C C C C C C C C	ALLERGENS   we're alergy guves   e = Celery Mo = Molluscs   r = Crustacean Mu = Mustard   = Eggs N = Nuts   = Fish P = Peanuts   = Cereals Se = Sesame Seeds   ontaining Gluten So = Soya   = Lupin Su = Sulphur   R = Milk Dioxide