

YOUR MENU THIS WEEK

Week (1)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Neapolitan pasta	Lamb keema	Rosemary roasted chicken thigh & gravy	Chicken sausages & Mash	Sustainable battered Fish goujon wrap
MAIN DISH VEGETARIAN	Vegetable tofu chow mein (v)	BBQ vegetable patty (v)	Mixed bean & vegetable cottage pie topped with cheddar mash (v)	Mixed bean burrito (v)	Courgette, pea & mint baked omelette (v)
SIDES	Sweetcorn Roasted peppers Basil foccacia	Wholegrain Rice & Peas Spinach & Kale	Skin on roast Potatoes Carrots Winter Greens	Broccoli Mixed salad	Chips Peas Baked beans
PUDDINGS	Yoghurt with diced fruit & toppings	Giant oat & sultana cookie	Brownie with chocolate custard	Sticky toffee apple pudding & custard	Fruit flapjack

Available daily:
Handmade bread, Fresh fruit & Pantry

Also available daily: Jacket potatoes served with a selection of fillings

GOOD FOR
you

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 *MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE*

Love the food that loves you back♥