

YOUR MENU THIS WEEK

Week (3)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH MEAT	Mushroom & pesto wholemeal pizza (v)	Chicken & leek pie with gravy	Honey roasted glazed gammon	Pasta & bolognaise in tomato sauce	Sustainable battered fish of the day
MAIN DISH VEGETARIAN	Cauliflower, chickpea & Potato Curry	Mixed bean & lentil chilli (v)	Lentil, mushroom & pepper lasagne (v)	Black bean, vegetable & tofu cajun taco with salsa & sour cream	Roasted pepper & cheese quesadilla, tomato salsa (v)
SIDES	Sweetcorn Roasted broccoli Wholegrain rice	Baked wedges Carrots Mixed salad	Skin on roast potatoes Peas Parsnips	New Potatoes Green beans Ratatouille	Chips Peas Baked beans
PUDDINGS	Yoghurt with watermelon & toppings	Orange & kale cupcake	Vanilla rice pudding with raspberry jam	Pineapple upside down cake & custard	Carrot & raisin 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♥