



WEEK 3



Monday

Dish of the day
Cumberland Pork Sausages or
Vegetarian Sausages
(contains gluten)

Vegetarian option
Cheese and Tomato Puff
Parcels
(contains dairy and gluten)

Sides
Jacket Potatoes
Baked Beans
Garden Peas

Snack Choice
Pasta Dish Of The Day
(contains gluten)

Daily Salad Bar

Dessert
Fruity Flapjack
(contains dairy and gluten)
Fresh Fruit
Fruit Salad
Yoghurt

Tuesday

Dish of the day
Savoury Minced Beef
Bolognese
(pasta contains gluten)

Vegetarian option
Vegetable and Noodle
Stir Fry
(contains gluten)

Sides
Pasta Spirals
Carrots
Broccoli Florets

Snack Choice
Jacket Potatoes with
Baked Beans

Daily Salad Bar

Dessert
Cake of the Day
(contains egg, dairy and gluten)
Fresh Fruit
Fruit Salad
Yoghurt

Wednesday

Dish of the day
Crispy Breaded Chicken
(contains dairy and gluten)

Vegetarian Option
Creamy Vegetable Curry served
with Rice

Sides
Potato Wedges
Sweetcorn
Spaghetti Hoops

Snack Choice
Pasta Dish Of The Day
(contains gluten)

Daily Salad Bar

Dessert
Jelly and Cream
(cream contains dairy)
Fresh Fruit
Fruit Salad
Yoghurt

Thursday

Dish of the day
Roast Gammon served with
Pineapple and Gravy
(Gravy contains gluten)

Vegetarian option
Spinach and Ricotta
Lasagne
(contains dairy and gluten)

Sides
Roast Potatoes
Floret Medley
Carrots

Snack Choice
Jacket Potatoes with
Baked Beans

Daily Salad Bar

Dessert
Ice Cream
(contains dairy)
Fresh Fruit
Fruit Salad
Yoghurt

Friday

Dish of the day
Cheese and Tomato or Meat
Feast Pizza
(contains dairy and gluten)

Vegetarian option
Vegetable and Quorn
Risotto

Sides
Chips
Baked Beans
Sweetcorn

Snack Choice
Pasta Dish Of The Day
(contains gluten)

Daily Salad Bar

Dessert
Mousse
(contains dairy)
Fresh Fruit
Fruit Salad
Yoghurt