



WEEK 4



Monday

Dish of the day
Pasta Bake
with a Tomato Sauce
(contains gluten and dairy)

Alternative option
Chicken and Vegetable
Hot Pot

Sides
Broccoli Florets
Vegetable Medley

Snack Choice
Jacket Potatoes with
Baked Beans

Daily Salad Bar

Dessert
Individual Yoghurts
(contains dairy)
Fresh Fruit
Fruit Salad
Yoghurt

Tuesday

Dish of the day
Beef and Pork Meatballs in
Gravy

Vegetarian option
Vegetable Stroganoff served
with Rice
(contains dairy)

Sides
Mashed Potatoes
Carrots
Peas

Snack Choice
Pasta Dish Of The Day
(contains gluten)

Daily Salad Bar

Dessert
Cheese, Crackers and Raisins
(contains gluten and dairy)
Fresh Fruit
Fruit Salad
Yoghurt

Wednesday

Dish of the day
Oriental
Chicken Noodle Stir Fry

Vegetarian Option
Cheese and Red Onion
Quiche
(contains gluten, eggs & dairy)

Sides
Sweetcorn
Green Beans

Snack Choice
Jacket Potatoes with
Baked Beans

Daily Salad Bar

Dessert
Iced Sponge
(contains gluten, eggs & dairy)
Fresh Fruit
Fruit Salad
Yoghurt

Thursday

Dish of the day
Roast Pork served with
Stuffing and Tasty Gravy
(stuffing contains gluten)

Vegetarian option
Vegetable Samosas with onion
salad and mango Dip
(contains gluten)

Sides
Roast Potatoes
Cabbage
Vegetable Medley

Snack Choice
Pasta Dish Of The Day
(contains gluten)

Daily Salad Bar

Dessert
Fresh Fruit Salad
Fresh Fruit
Yoghurt

Friday

Dish of the day
Deep Fried Breaded Fish served
with Tomato Ketchup
(contains gluten, eggs & dairy)

Vegetarian option
Vegetable Fajitas
(contains gluten)

Sides
Chips
Baked Beans
Peas

Snack Choice
Jacket Potatoes with
Baked Beans

Daily Salad Bar

Dessert
Chocolate Brownie
(contains gluten, eggs & dairy)
Fresh Fruit
Fruit Salad
Yoghurt