



## 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  
Chicken Supreme  
served with Rice

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  
Apple Crumble with Custard  
( contains gluten and 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  
Iced Sponge  
( contains gluten, eggs & dairy )  
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