



WEEK 1



Monday

Dish of the day  
Chicken Curry  
with Rice

Vegetarian option  
Spanish Omelette  
( contains dairy )

Sides  
Naan Bread  
( contains gluten )  
Vegetable Medley

Snack Choice  
Pasta Dish Of The Day  
( contains gluten )

Daily Salad Bar

Dessert  
Jelly

Fresh Fruit  
Fruit Salad  
Yoghurt

Tuesday

Dish of the day  
Minced Beef Lasagne  
( contains gluten )

Vegetarian option  
Vegetable and Bean Cassoulet  
with Rice

Sides  
Mixed Salad  
Garlic Foccacia

Snack Choice  
Jacket Potatoes with  
Baked Beans

Daily Salad Bar

Dessert  
Peaches and Cream

Fresh Fruit  
Fruit Salad  
Yoghurt

Wednesday

Dish of the day  
Cumberland Pork or Vegetarian  
Sausages With Gravy  
( sausages contain gluten )

Vegetarian Option  
Home Made Fish Cakes  
( contains gluten and egg )

Sides  
Carrots  
Garden Peas  
Mashed Potatoes

Snack Choice  
Pasta Dish Of The Day  
( contains gluten )

Daily Salad Bar

Dessert  
Jam Tart with Custard  
( Tart contains dairy, eggs and  
gluten, custard contains dairy )

Fresh Fruit  
Fruit Salad  
Yoghurt

Thursday

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

Vegetarian option  
Cauliflower Cheese  
( contains dairy and gluten )

Sides  
Roast Potatoes  
Green Beans  
Vegetable Medley

Snack Choice  
Jacket Potatoes with  
Baked Beans

Daily Salad Bar

Dessert  
Frosted Marble Cake  
( contains dairy, eggs & gluten )

Fresh Fruit  
Fruit Salad  
Yoghurt

Friday

Dish of the day  
Fish Fingers  
( contains gluten )  
with Tomato Ketchup

Vegetarian option  
Goats Cheese and Spinach  
Tart  
( contains dairy, eggs & gluten )

Sides  
Chips  
Baked Beans  
Peas

Snack Choice  
Pasta Dish Of The Day  
( contains gluten )

Daily Salad Bar

Dessert  
Ice Cream  
( contains dairy )

Fresh Fruit  
Fruit Salad  
Yoghurt