



Menu

Week Beginning Monday 12th July

(apologies in advance: some changes may occur from time to time due to seasonal availability or unforeseen circumstances)

Allergens ~~with a line through~~ are in the dish: molluscs eggs fish lupin soya milk peanuts ~~gluten~~ crustaceans mustard nuts sesame celery sulphites

Monday

Main Meal—Meat Free Monday

mega mild two bean chilli on chunky oven roasted chips

Side of.....mozzarella cheese, roasted broccoli, fresh coriander

Pudding....toffee date, rice pudding

Allergens

molluscs eggs fish lupin soya milk peanuts ~~gluten~~ crustaceans mustard nuts sesame celery-sulphites

Tuesday

Main Meal—Choose from

fennel and red lentil or beef spag bol
Side of.....fine green beans, mixed lettuce, cucumber, pepper and olive salad, parmesan cheese

Pudding....fresh fruit

Allergens

molluscs eggs fish lupin soya milk peanuts ~~gluten~~ crustaceans mustard nuts sesame celery sulphites

Wednesday

Main Meal—Without Meat Wednesday

pizza margarita with added sliced olives and peppers

Side of.....carrot, cucumber and pepper batons and rocket

Pudding....Greek yogurt and tinned fruit fool

Allergens

molluscs eggs fish lupin soya milk peanuts ~~gluten~~ crustaceans mustard nuts sesame celery-sulphites

Thursday

Main Meal—Choose from

free range pork, or cheese and onion puff pastry rolls

Side of.....rosemary cubed potatoes and sweetcorn

Pudding....fresh fruit

Allergens

molluscs eggs fish lupin soya milk peanuts ~~gluten~~ crustaceans mustard nuts sesame celery sulphites

Friday

Main Meal— Fish Friday

fresh, local, white fish in breadcrumbs

A side ofchips, peas and ketchup

Pudding.... Friday treat to be decided

Allergens

molluscs eggs fish lupin soya milk-peanuts ~~gluten~~ crustaceans mustard nuts sesame celery sulphites