



# Menu

## Week Beginning Monday 27th September

(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**

fresh tomato, sage and garlic pasta

**Side of.....**roasted broccoli and rocket salad, optional parmesan sprinkles

**pudding....**rice pudding or fresh fruit

**Allergens**

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

Tuesday

**Main Meal—Choose from .....**rustic beef or chickpea/lentil and cheese balls

**Side of.....**savoury couscous, seasonal green vegetables, a rich tomato and carrot sauce

**pudding....**fresh fruit

**Allergens**

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

Wednesday

**Main Meal—Without Meat Wednesday**

mega mild three bean chilli

**Side of.....**chunky roasted cubed potatoes, sweetcorn, mozzarella and fresh coriander

**pudding....**Greek yogurt and crème fraiche Fruit Fool

**Allergens**

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

Thursday

**Main Meal—Choose from .....**

Katsu free-range chicken or boiled egg curry

**Side of.....**sticky jasmine rice, seasonal cabbage and green beans

**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 Panko breadcrumbs

**A side of .....**oven roasted skin on chips, peas and ketchup

**pudding....** apple and blackberry crumble

**Allergens**

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