



Menu

Week Beginning Monday 4th October

(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

nut-free fresh basil pesto, new potato and green bean pasta

Side of.....rocket and cucumber salad

pudding....coconut 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 free-range sticky chicken on a skewer or cheese and onion puff pastry

Side of.....hasselback potato, steamed seasonal green vegetables

Pudding....fresh fruit

Allergens

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

Wednesday

Main Meal—Without Meat Wednesday

Chinese style Borlotti bean and vegetable stir fry noodles

Pudding....fresh fruit

Allergens

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

Thursday

Main Meal—Choose from

beef or lentil spaghetti Bolognese

Side of.....chunky seasonal salad with olives

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 ofoven roasted skin on chips, peas, tartare sauce and ketchup

Pudding.... Gingerbread biscuit

Allergens

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