



Menu

Week Beginning Monday 11th 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

seasonal roasted vegetable and cheese pasta bake

Side of.....roasted broccoli and seasonal salad

Pudding....rice pudding with toffee date

Allergens

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

Tuesday

Main Meal—Choose frombig baked potato with melted butter (optional)

Side of.....tuna mayo, mozzarella and cheddar mix, tomato, sweetcorn, cucumber and iceberg lettuce

Pudding....fresh fruit

Allergens

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

Wednesday

Main Meal—Without Meat Wednesday

potato, cream and cheese puff pastry pie

Side of.....oven roasted chunky cubed rosemary potatoes (including sweet potato) peas and broccoli

Pudding....Greek yogurt with a crunchy homemade honey, oat, quinoa and dried fruit

Allergens

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

Thursday

Main Meal—Choose from

Butter free-range chicken or chickpea curry

Side of.....fluffy brown and basmati rice mix, steamed seasonal vegetables and diced cucumber with fresh coriander

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, lemon and ketchup

Pudding.... cream tea – scones, jam and cream

Allergens

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