



Menu

Week Beginning Monday 18th 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

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 fromrustic beef or chickpea/lentil and cheese balls

Side of.....savory 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 ofoven 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