



# 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 are highlighted in red

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

eggs – lupin - milk - gluten

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

lupin – milk - gluten

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

milk

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

eggs – lupin – gluten - soya

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

eggs – fish – lupin – milk - gluten