



Menu

Week Beginning Monday 22nd November

(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 and dried fennel, green lentil and balsamic ragu with optional parmesan sprinkles

Side of.....rocket, cucumber and olive salad

Pudding....rice pudding

Allergens

milk – gluten - lupin - sulphites

Tuesday

Main Meal—Choose fromShepherd's Pie (beef or lentil)

Side of.....seasonal vegetables and sweetcorn

Pudding....fresh fruit

Allergens

eggs — fish — sulphates — soya

Wednesday

Main Meal—Without Meat Wednesday

seasonal roasted vegetable and cheese pasta bake

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

Pudding....Greek yogurt with a crunchy homemade honey, oat, quinoa and dried zest and cranberry granola

Allergens

eggs—lupin—milk—gluten-sulphites

Thursday

Main Meal—Choose from

free-range chicken Shawarma or home-made, sesame free hummus with pitta

Side of.....a fluffy couscous and quinoa mix, chunky salad with olives and sweetcorn

Pudding....fresh fruit

Allergens

sulphites—gluten

Friday

Main Meal— Fish Friday

fresh, local, white fish in Panko breadcrumbs

A side ofoven roasted skin on chips, peas, lemon and ketchup

Pudding....apple and fresh ginger crumble with cream

Allergens

eggs – fish – lupin – milk - gluten—sulphites