



Menu

Week Beginning Monday 29th 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

Poached and roasted fennel pasta

Side of.....watercress, cucumber and sweetcorn salad

Pudding....rice pudding

Allergens
milk – gluten – lupin -

Tuesday

Main Meal—Choose fromFree-range Milanese chicken or vegetarian sausages

Side of.....roasted Rosemary potatoes and a steamed seasonal side of green vegetables

Pudding....fresh fruit

Allergens
gluten

Wednesday

Main Meal—Without Meat Wednesday

chickpea and lentil, 3 cheese and mild spice veggie burger in a lettuce, onion and tomato bun

Side of.....roasted broccoli and roasted potato wedges

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

Allergens
lupin – milk – gluten – sulphates -

Thursday

Main Meal—Choose from

rustic beef or chickpea, cheese and lentil 'meatballs' in a rich carrot and tomato sauce on spaghetti pasta, optional parmesan sprinkles

Side of.....steamed and roasted seasonal vegetables

Pudding....fresh fruit

Allergens
egg - gluten—lupin—milk

Friday

Main Meal— Fish Friday

fresh, local, white fish in Panko breadcrumbs

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

Pudding.... chewy ginger biscuits

Allergens
eggs - fish - lupin - milk - gluten - sulphites