



Menu

Week Beginning Monday 11th July 2022



(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 skinless tomato, roasted aubergine, garlic and sage spaghetti
pasta sauce

Side of.....roasted broccoli

pudding.....rice pudding or fresh fruit

Allergens
milk—gluten-lupin

Tuesday

Main Meal—Choose fromFree-range chicken or chickpea butter chicken
gravy

Side of.....fluffy rice, cucumber and steamed seasonal vegetables

Pudding.....fresh fruit

Allergens
gluten—dairy-sulphate

Wednesday

Main Meal—Without Meat Wednesday

seasonal vegetable and cheese pasta bake

Side of.....broccoli peas and green beans

Pudding.....Greek yogurt and crème fraiche with a crunchy homemade
honey, oat, quinoa, cinnamon, nutmeg and zest, cranberry granola or fresh
fruit

Allergens
lupin-milk-gluten-sulphates

Thursday

Main Meal—Choose from

free-range pork sausage, or smoky vegetarian hotdog

Side of.....roasted new potatoes with fresh rosemary, sweetcorn and
broccoli

Pudding.....fresh fruit

Allergens
gluten

Friday

Main Meal:

fresh, local, white fish in Panko breadcrumbs

Side of.....oven roasted skin on chips, peas, lemon and ketchup

Pudding.....tinned apple and cherry oaty crumble and cream

Allergens
Eggs—fish—lupin—milk—gluten—sulphites