YOUR MENU THIS WEEK

WEEK THREE

WEEK COMMENCING 18.09.23, 09.10.23, 06.11.23, 27.11,23, 18.12.23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Italian style beef pasta bake (gluten, milk)	Chicken korma (milk)	Roasted chicken, Yorkshire pudding & gravy (gluten, egg, milk)	Chicken burger in a bun (celery, gluten, soya, sulphites)	Fish fingers (fish, gluten)
PLANT POWER	Hidden vegetable ragu pasta bake (v) (gluten, milk)	Chickpea & cauliflower korma (v) (milk, gluten)	Falafel loaf with gravy (v) (egg, gluten, milk, soya)	Vegetable & bean burger in a bun (v) (gluten)	Vegetable frittata (v) (egg, milk)
SIDES	Garden peas, salad selection	Broccoli, 50/50 rice	Skin on roast potatoes, medley of vegetables	Potato wedges, sweetcorn	Chips, baked beans
PUDDINGS	Fruity flapjack (v) (gluten)	Berry sponge (v) (gluten, egg)	Yoghurt (v) (milk)	Marble cake (v) (gluten, milk)	Fruit jelly (v)

Love the food that loves you back

Available daily

Jacket Potatoes with Beans, Cheese (milk)
Fresh Fruit, Daily Salad, Handmade Bread (gluten, milk, soya, may contain egg)

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE