

1 WEEKLY MENU Week 3



Week Commencing: Mon 16th Sept - Mon 7th Oct - Mon 11th Nov - Mon 2nd Dec



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Butchers Sausage & New Potatoes with Gravy (G, SO, SU)	BBQ Jerk Chicken	Roast Chicken & Gravy	Spaghetti Beef Bolognese (G)	Fish Fingers & Chips (F, G)
Vegetarian Dish of the Day	Veggie Sausage & New Potatoes with Gravy (G)	Roasted Vegetable Cottage Pie	Roasted Vegetable Filo Parcel & Homemade Tomato Sauce (CE, G)	Vegetable Bolognese with Spaghetti (CE, G)	Cheesy Calzone & Chips (G, MK)
Vegetable Choice	Peas & Broccoli	Rice & Peas & Seasonal Vegetables	Rustic Roast Potatoes & Seasonal Vegetables	Garlic Bread & Green Salad (G, MK*, SO*)	Beans or Peas
Dessert of the Day	Winter Berry Traybake (E*, G, MK, SO)	Fruit Jelly	Apple Crumble & Custard (G, MK)	Lemon Drizzle Cake (E, G, MK, SU)	White Chocolate Chip Cookie (E, G, MK, SO)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Daily Salad Bar, Homemade Bread (E*, G, MK, SO), Selection of Fresh Fruit, Jelly and Yoghurt				

Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds
 * = May Contain

