

# YOUR MENU THIS WEEK



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Cheese & tomato pizza (v) (1,3) or Vegetable & Lentil Hot Pot  Potato wedges, beans & seasonal salad  Fruit & Ice Cream (1)	Cottage pie (1)  Or Vegetable Lasagne (v)(1,3)  Carrots & Broccoli  Strawberry Jelly	Roast Chicken or Vegetable burger (v) (1,3)  Roast Potatoes Seasonal Greens, Carrots  Apple sponge with custard (1,3,11)	Beef Lasagne (1,3) or Bean & vegetable cottage pie (v) (1)  Sweetcorn, Coleslaw (11)  Chocolate mousse (1)	Fish fingers (2,3) or Vegetable fingers in a wrap, (v) (3)  Chips, beans, peas  Fruit salad & Yogurt (1)
WEEK TWO	Mild chickpea & potato curry with rice or Macaroni cheese & Garlic Slice (v) (1,3)  Broccoli & Carrots  Frozen Yoghurt (1)	Chicken Sausage, mash & gravy (1,3,12) or Vegetable Omelette & Jacket half (11)  Peas & Sweetcorn  Chocolate sponge with pear compote (1, 3, 11)	Roast Turkey & Stuffing (3) or Tomato & penne pasta topped with grated cheese (v)(1,3)  Roast Potatoes Seasonal Greens, Cauliflower,  Vanilla shortbread (1,3)	Bolognaise penne pasta (2,3) or Cheese & tomato pizza (v) (1,3)  Green beans, Sweetcorn (1,3,11)  Orange jelly	Salmon fishcake, (2,3,14) Fish fingers (2,3) or Vegetable Sausage (v) (3) Chips, beans, peas  Banana custard (1)
WEEK THREE	Turkey Burger with salad in a roll (3) or Cheese & tomato pizza potato wedges (v) (1,3)  Seasonal Salad, Sweetcorn  Fruit salad & Yogurt (1)	Meatballs in a tomato sauce with Spaghetti or Vegetable & bean wrap & Savoury rice (v) (1,3)  , Broccoli & Cauliflower  Strawberry jelly	Roast Chicken Gravy  Vegetable and Lentil Loaf (v) (3,11)  Roast Potatoes, Kale & Carrots  Wholemeal oat cookie & milk (1, 3)	Chicken Curry Korma with wholegrain rice (1) or Tomato & Basil Pasta with Cheese (1, 3)  Green Beans, Cauliflower  Apple crumble & Custard (1,3)	Battered Fish, chips & Beans (2,3) or Vegetable burger in a Bap, (v) (3)  Chips, beans, peas  Fruit & Ice Cream (1)

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard  
MENU IS SUBJECT TO CHANGE \*