

# Week 1 Menu - From September 2020



**Standard Meal £2.30**

	Monday	Tuesday	Wednesday	Thursday 	Friday
<b>Meat/Fish Main Option</b>	Tuna Pasta Bake in a Cheese Sauce (GFME) (G/F option available) Garlic Bread (GM, Soy) Peas & Carrots (G/F)	Chicken Hot Pot (C) (G/F) Crusty Bread (GM, Soy) Broccoli (G/F)	Roast Chicken with Gravy (G/F) Roast Potatoes (G/F) Vegetables (G/F)	Veggie Meatballs in a Tomato Sauce (GEC) with Rice (G/F) Green Beans (G/F) Sweetcorn (G/F)	O/Baked Fish Fingers (FG) (G/F option available) Chips (G/F) Baked Beans (G/F)
<b>Vegetarian Main Option</b>	Macaroni Cheese (GME) (G/F option available) Garlic Bread (GM, Soy) Peas & Carrots (G/F)	Cheese, Onion & Potato Pie (M) (G/F) Crusty Bread (GM, Soy) Broccoli (G/F)	Quorn & Lentil Roast with Gravy (GME, LEN) (G/F) Roast Potatoes (G/F) Vegetables (G/F)	Vegetable Pasty (G, Soy) with New Potatoes (G/F) Green Beans (G/F) Sweetcorn (G/F)	Spicy Bean Burger (G, Soy, SUL, M, SES) with Chips (G/F) Baked Beans (G/F)
<b>Jacket Potato (All G/F)</b>	JP (G/F) Cheese (M) / Beans / Tuna Mayonnaise (FEM, MUS)	JP (G/F) Cheese (M) / Beans / Tuna Mayonnaise (FEM, MUS)	JP (G/F) Cheese (M) / Beans / Tuna Mayonnaise (FEM, MUS)	JP (G/F) Cheese (M) / Beans / Tuna Mayonnaise (FEM, MUS)	JP (G/F) Cheese (M) / Beans / Tuna Mayonnaise (FEM, MUS)
<b>Sandwich Option</b>	Chicken Sandwich (GM, Soy, SES) (G/F option available)	Tuna Mayonnaise Sandwich (GFME, MUS, Soy, SES) (G/F option available)	Cheese Sandwich (GM, Soy, SES) (G/F option available)	Houmous with Pitta Bread, Cucumber, Carrot and Cherry Tomatoes (G, SES) (G/F option available)	
<b>Pudding</b>	Strawberry Mousse (M) (G/F)	Pineapple Upside Down Sponge (GME)	Vegetarian Fruit Jelly (G/F)	Apple and Cinnamon Flapjack (G)	Chocolate and Banana Muffin (GME, Soy)
<b>Available each day - (G/F) fruit and (G/F) homemade yoghurt (M, Soy)</b>					

**ALLERGEN INFORMATION - FOOD CONTAINS: (G/F) Gluten Free G Gluten, F Fish, M Milk, Soy Soybeans, E Egg, MUS Mustard, SUL Sulphur Dioxide, L Lupin, C Celery, SES Sesame, LEN Lentils**