

Week 3 Menu - From September 2020



Standard Meal £2.30

	Monday	Tuesday	Wednesday	Thursday 	Friday
Meat/Fish Main Option	Chicken Sausages (G, Sul) with Gravy (G/F) Potato Wedges (G/F) Mixed Vegetables (G/F)	Turkey Lasagne topped with a Cheese Sauce (GEMC) (G/F option available) Crusty Bread (GM, Soy) Peas (G/F)	Roast Chicken with Gravy (G/F) Roast Potatoes (G/F) Savoy Cabbage & Carrots (G/F)	Vegetable Chilli (C, LEN, Soy, Sul) (G/F) Brown Rice & Naan Bread (GM, SES, Soy) Onion Bhajis (G) Vegetables (G/F)	O/Baked Battered Fillet of Fish (FG) (G/F option available) Chips (G/F) Baked Beans (G/F)
Vegetarian Main Option	Quorn Sausages (GME) with Gravy (G/F) Potato Wedges (G/F) Mixed Vegetables (G/F)	Tomato, Butterbean & Basil Pasta Bake topped with Cheese (GME) Crusty Bread (GM, Soy) Peas (G/F)	Lentil Roast (GME, Soy, LEN) Roast Potatoes (G/F) Savoy Cabbage & Carrots (G/F)	Butternut Squash and Chickpea Curry (Sul, Soy, C) (G/F) Brown Rice & Naan Bread (GM, SES, Soy) Onion Bhajis (G) Vegetables (G/F)	O/Baked Vegetable Samosa (GMC, MUS, Soy, SES) with Chips (G/F) Baked Beans (G/F)
Jacket Potato (All G/F)	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)
Sandwich Option	Cheese Sandwich (GM, Soy, SES) (G/F option available)	Egg Mayonnaise Sandwich (GME, Soy, MUS, SES) (G/F option available)	Tuna Mayonnaise Sandwich (GMEF, Soy, MUS, SES) (G/F option available)	Pitta Bread filled with Falafel (G, Soy) with Mint Yoghurt (Soy, SUL) and Salad (G/F option available)	
Pudding	Chocolate Mousse (M) (G/F)	Banana Cake (GME) with Custard (M)	Vegetarian Fruit Jelly (G/F)	Shortbread (G)	Oat Raisin Cookie (GME, SUL)
Available each day - (G/F) fruit and (G/F) homemade yoghurt (M, Soy)					

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