

WEEK 3

MEATY OPTION

VEGGIE OPTION

LIGHT OPTION

SIDES

DESSERT

MON

CRISPY CHICKEN WRAP

G/H

CRISPY QUORN CHICKEN WRAP

G/E

TOMATO & BASIL PASTA WITH GARLIC BREAD

G

SALAD
HOMEMADE POTATO WEDGES

APPLE CRUMBLE WITH CUSTARD

G/D/E/H/V

TUE

CHICKEN PIE

G/H

VEGGIE SAVOURY MINCE PIE

G/H/V/VE

PIZZA PANINI WITH SALAD

D/G

BROCCOLI CAULIFLOWER
NEW POTATOES

HOMEMADE COOKIE

G/D/V/H

WED

TOAD IN THE HOLE

P/G/D/E/S

VEGAN TOAD IN THE HOLE

V/D/E/H

JACKET POTATO WITH TUNA MAYO

F/H

CARROTS
SWEDE
ROAST POTATOES
GRAVY

STRAWBERRY MOUSSE

V/D/H

THU

CHICKEN TIKKA CURRY WITH NAAN BREAD

H/D

5 BEAN CHILLI

V/VE/H

VEGAN BOLOGNESE PASTA WITH GARLIC BREAD

H/G/V/VE

BOILED RICE

LEMON & SULTANA SPONGE CAKE WITH CUSTARD

G/D/E/H/V

FRI

BREADED FISH FILLET

G/F/H

CHEESE & ONION QUICHE

G/H/V/D/E

PEPPERONI PASTA

H/G

CHIPS
BAKED BEANS

CHOCOLATE MUFFIN

G/D/E/V/H

DIETARY /INGREDIENTS KEY

G - GLUTEN INCLUDED

H - HALAL

V - VEGETARIAN

VE - VEGAN

D - DAIRY INCLUDED

C - CELERY INCLUDED

E - EGG INCLUDED

F - FISH INCLUDED

P - PORK INCLUDED

S - SUPPLHITES INCLUDED

YOGURTS, RAISINS AND FRESH FRUIT WILL BE AVAILABLE AT THE COUNTER AS AN ALTERNATIVE TO THE PLANNED DESSERTS.