



Menu



Week 2 Commencing: 9th & 30th September, 4th & 25th November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Vegan Turkish Red Lentil and Mint (G)	Vegan Carrot & Sweet Potato	Cheddar, Cauliflower and Potato (Mk)	Vegan Chickpea, Tomato and Pasta	Winter Vegetable
Main Course	Bolognese Beef Ragout Macaroni Pasta Bake (Mk, G)	Chinese Turkey Stir Fry, Sweet Chilli & Egg Noodles (G, E)	Pork and Leek sausages in onion gravy (G)	Classic Slow Cooked Beef Lasagne (M,G)	Battered Fish with Lemons & Tartar Sauce (G, Mk, E, F)
Veggie Main Course	Spinach & Mushroom Gnocchi Frittata (E)	Vegan Biryani Puff Pastry Pie	Vegetarian Sausage (G)	Vegan Moroccan Vegetable & Chick Pea Tagine with Cous Cous (G)	Vegan Biryani Puff Pastry Pie (G)
Vegetable of the day	Courgettes	Steamed Broccoli	Curly Kale	Green Beans with Crispy Shallots	Garden & Mushy Peas Baked Beans
Carbs	Garlic Bread (G) Chilli Baked Sweet Potatoes	Portuguese Tomato Rice	Creamy Mash potatoes Potato Wedges	Garlic Bread (G)	Oven Chips
Jacket Potato and Pasta Station	JP with Beans & Cheese (Mk)	Spicy Penne Arrabbiata	BBQ bean & Cheddar Jackets (Mu,Mk)	Pasta Carbonara (G, Mk, E)	JP with Beans & Cheese (Mk)
Home Comfort	Pepperoni pizza (G, Mk)	Jumbo Sausage Roll (G, Mk, So, Su)	Chinese chicken and egg noodle stir fry (E, G)	Tandoori Chicken with Mint Yoghurt & Fragrant Rice (C, Mk)	Panko Breaded Chicken Goujons with Aioli (G, E, Mk)
Dessert	Steamed Jam Sponge Pudding & Custard (G, E, Mk)	Cheese Cake (G, Mk)	Chocolate & Pear Sponge with Vanilla Custard (G, E, Mk)	Apple Crumble & Custard (G, Mk)	Rice Krispie Cakes (G, E, Mk, So)

Allergen Information

- Ce** = Celery
- Cr** = Crustacean
- E** = Eggs
- F** = Fish
- G** = Cereals containing Gluten
- L** = Lupin
- Mk** = Milk
- Mo** = Molluscs
- Mu** = Mustard
- N** = Nuts
- P** = Peanuts
- Se** = Sesame Seeds
- So** = Soya
- Su** = Sulphur Dioxide

