

	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 04/11,25/11, 16/12, 20/01,10/02, 10/03,31/03	<b>Main Course</b> --Salmon & Broccoli Risotto ( GF ) Quorn Burger in a bap	-Sausage Roast ( GF ) -Roast Vegetable Tart ( GF ) May contain	-Ham Pizza -Vegetable Curry & Rice ( GF )	-Beef Lasagne & Garlic Bread -Quorn Sweet and Sour & Rice ( GF )	-Fish & Chips with vegetables -Vegetable Sausage *Oil	
	<b>Dessert</b>	-Shortbread	-Fruit Angel Delight	-Fruit Sponge	-Cheese & Crackers	-Frozen smoothie (DF/GF)
<b>WEEK 2</b> 11/11, 02/12, 06/01, 27/01, 24/02, 17/03	<b>Main Course</b> -Spaghetti Bolognese -Quorn Sausage Hot Dog	-*Chicken Roast ( GF ) - Cheese Muffin	- Chicken Curry may contain nuts Cheese Wheel	-Sausage Roll -Vegetable Lasagne & Garlic Bread	-Fish & Chips* with vegetables -Roast vegetable pizza *Oil	
	<b>Dessert</b>	-Apple & Oat Squares	-Shortbread DF	- Fruit Crumble & Custard	-Fruit Sponge	-Chocolate Drop Biscuits
<b>WEEK 3</b> 18/11, 09/12, 13/01,03/02, 03/03, 24/03	<b>Main Course</b> -Chicken, Tomato & Veg Pasta -Quorn Mince Spaghetti Bolog	-Roast Gammon & Pineapple -Vegetable Risotto GF	-Cottage Pie GF -Macaroni Cheese	-Sweet & Sour Chicken & Rice GF - Cheese & Tomato Pizza GF	-Fish & Chips* with vegetables -Vegetable Nuggets *Oil	
	<b>Dessert</b>	-Shortbread DF	-Fruit Angel Delight	-Flapjack	-Fruit Sponge DF	-Chocolate Crispy Tray Bake

### AVAILABLE EVERYDAY

- Jacket potato with tuna, egg, cheese or beans ( GF )\*
- Sandwich with tuna, egg, cheese or ham
- Fruit & Yoghurt

### MENU ALLERGIES

- ▲ Gluten
- ▲ Egg
- ▲ Milk
- ▲ Soya
- ▲ Mustard
- ▲ Sesame Seeds ( Humous )
- ▲ Sulphur dioxide ( ham, lemon juice on cut up apple, sultanas )
- Molluscs
- Fish
- Lupin
- Celery
- Mustard

- DF = Dairy Free
- GF = Gluten Free
- \* = Jacket potatoes have butter unless requested not to
- Gravy is GF
- Chip Oil contains Soya
- Gluten Free flour contains Maize
- RTU Curry Sauce may contain