

# [WEEKLY MENU]



Week 3

Weeks Commencing: Mon 16th Jan - Mon 6th Feb - Mon 6th Mar - Mon 27th Mar



Main Dish of the Day

Vegetarian Dish of the Day

Vegetable Choice

Dessert of the Day

Jacket Potato Bar

Cold Selection

Monday

Tuesday

Wednesday

Thursday

Friday

Lentil & Spinach Cottage Pie  
(CE, G)

Sticky BBQ Chicken

Roast Turkey, Stuffing & Roast Gravy  
(G)

Jerk Chicken

Breaded Baked Fish with Tomato Ketchup  
(E, F)

Butternut Squash & Pesto Pasta  
(CE, G)

Vegan Nuggets  
(G)

Root Vegetable Wellington  
(CE, E, G)

Spiced Bean Chilli  
(CE\*)

Cheesy Calzone  
(G, MK)

Broccoli Cabbage Chefs Salad

Homemade Potato Wedges  
Sweetcorn Peas

Baby Roast Potatoes  
Medley of Seasonal Vegetables

Steamed Rice  
Roasted Cauliflower Carrots

Chips  
Beans Peas

Shortbread Biscuit & Banana Mousse  
(G, MK)

Winter Fruit Cheesecake  
(E\*, G, MK\*, SO\*)

Dutch Apple Tart with Cream  
(E, G, MK)

Peach & Ginger Crumble with Custard  
(G, MK)

Waffles & Chocolate Sauce  
(E, G, MK, SO)

See Board for Details

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Salad Bar  
Homemade Bread  
(G, SO, MK)  
Fresh Fruit

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(G, SO, MK)  
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(G, SO, MK)  
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(G, SO, MK)  
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Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds

\* = May Contain

NIGHTINGALE

