

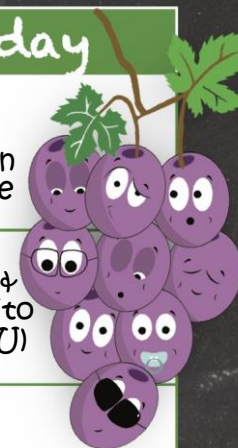
[WEEKLY MENU]



Week 2

Weeks Commencing: Mon 9th Jan - Mon 30th Jan - Mon 27th Feb - Mon 20th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Hoi Sin Vegetable Stir Fry (CE, G, MU*, SO)	Meat Feast Pizza (G, MK)	Roast Chicken & Roast Gravy	Beef Bolognese	Baked Fish Fingers with Lemon Mayonnaise (E, F, G)
Vegetarian Dish of the Day	Tomato & Herb Pasta Bake (CE, G, MK)	Roasted Pepper & Sweetcorn Pizza (G, MK)	Winter Vegetable Tart (E, G, MK)	Quorn Bolognese (CE, E, G)	Vegetable & Bean Burrito (CE, G, MU)
Vegetable Choice	Broccoli Green Beans	Seasoned Wedges Baked Beans Broccoli	Baby Roast Potatoes Medley of Seasonal Vegetables	Spaghetti (G) Savoy Cabbage Carrot	Chips Beans Peas
Dessert of the Day	Apple Flapjack (G)	Orange & Chocolate Sponge with Chocolate Sauce (E, G, MK, SO)	Oatey Apple Crumble with Cream (G, MK)	Jam & Coconut Sponge (E, G, MK, SU)	American Pancakes with Berry Compote (E, G, MK)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Salad Bar Homemade Bread (G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (G, SO, MK) Fresh Fruit



NIGHTINGALE

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