

[WEEKLY MENU]



Week 3

Weeks Commencing: Mon 19th Sept - Mon 10th Oct - Mon 7th Nov - Mon 28th Nov



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
Jerk Quorn Burrito (CE, E, G, MU)	Chicken Burger (G, SE*)	Roast Beef, Yorkshire Pudding & Roast Gravy (E, G, MK)	Chinese Chicken Noodles (CE, E, G, MU*, SO)	Battered Baked Fish & Tomato Ketchup (F, G)
African Vegetable Stew (CE, G*)	Vegetable Burger in a Bun (G, SE*)	Lentil & Spinach Strudel with Tomato Sauce (CE, G)	Hoi Sin Vegetable Noodles (CE, E, G, MU*, SO)	Slow Roasted Tomato & Cheese Pasta (CE, G, MK)
Jollof Rice (CE) Roasted Vegetable Medley	Homemade Wedges Sweetcorn Baked Beans	Baby Roast Potatoes Savoy Cabbage Cauliflower	Steamed Rice Sweetcorn Broccoli	Chips Baked Beans Peas
Chocolate & Beetroot Brownie (E, G, MK, SO)	Cherry Tray Bake with Whipped Cream (E, G, MK)	Winter Fruit Crumble & Custard (G, MK)	Jam & Coconut Sponge (E, G, MK, SU)	Strawberry Mousse with Choc Chip Cookie (E, G, MK, SO)
See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Salad Bar Homemade Breads (G, SO) Fresh Fruit Salad	Salad Bar Homemade Breads (G, SO) Fresh Fruit Salad	Salad Bar Homemade Breads (G, SO) Fresh Fruit Salad	Salad Bar Homemade Breads (G, SO) Fresh Fruit Salad	Salad Bar Homemade Breads (G, SO) Fresh Fruit Salad

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

Nightingale

