MONDAY
Roasted vegetables whole wheat pasta bake (c,g)
Beef meatballs with tomato and pepper sauce (c,sp)
Black bean and vegetable quesadilla (d,g)
Fish of the day

TUESDAY
Root vegetable crumble (g,c)
Chicken and leek pie (d,g,c)
Butternut and sweet potato gratin (g,d,c)
Fish of the day

WEDNESDAY
Vegetable dhansak (c,cr)
Beef madras (m,c)
Vegetable korma (d,c,m)
Fish of the day

THURSDAY
Roasted root veg filo parcels (c,g)
Roast pork with apple sauce (c)
Shepherd’s pie (c,d)
Fish of the day

FRIDAY
Pulled jackfruit and roasted vegetable pitta (g)
Gammon and egg (e)
Individual herby sausage roll with homemade baked beans (g)
Breaded Fish (g,m,f)

SATURDAY & SUNDAY
BRUNCH
Sausage, Vegetarian Sausage, Bacon, Fried Egg, Scrambled egg, Mushrooms, Baked beans, Hash browns

(d) = dairy (g) = gluten (f) = fish (c) = celery (cr) = crustaceans (mu) = mustard (p) = peanuts (so) = soya (e) = egg (l) = lupin (mo) = molluscs (n) = nuts (ss) = sesame (su) = sulphites
MONDAY

Vegetable stir fry with tofu (so,c,su)
Chicken stir fry (so,su)
Sweet and sour vegetables (su,so)
Fish of the day

TUESDAY

Stuffed courgette with couscous
   and roast vegetables (g)
Lemon and herb turkey escalope
Mushroom and bean gratin (g,c)
Fish of the day

WEDNESDAY

Pasta night
Vegetable bolognase (c,su)
Beef bolognase (c,su)
Bacon and mushroom Carbonara (c,su,d)

THURSDAY

Vegetable stew (c)
Lamb and vegetable pie (g,c,su)
Creamy vegetable pie (g,m,c)
Fish of the day

FRIDAY

Gnocchi bake (g,c)
Pork schnitzel with coleslaw (g,e,mu,d)
Hunter’s chicken (su,d)
Scampi and tartar sauce (g,cr)

SATURDAY

Vegetable Burger with salad (g)
Beef Burger with cheese and salad (g,ss)
Chicken Burger (g,ss)

SUNDAY

Roast chicken with sage and onion stuffing
   and gravy
Vegetable Wellington (g,c)
Butternut and leek gratin (g,c,d)
Fish of the day

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(mu) = mustard (p) = peanuts (so) = soya (e) = egg (l) = lupin
(mo) = molluscs (n) = nuts (ss) = sesame (su) = sulphites