MONDAY

Bacon chop with fried egg (e)
Turkey escalope with tomato sauce (c, su)
Chunky vegetable chilli (c)
Fish of the day

TUESDAY

Cajun sausages with bakes Israeli cous cous (g, c)
Thai green chicken curry (c, so)
Thai green jack fruit and vegetable curry (c, so)
Fish of the day

WEDNESDAY

Seasame breaded chciekn burger
with slaw (g, se, mu, e)
Beef lasagne (c, g, d)
Vegan lasagne (c, so, g)
Fish of the day

THURSDAY

Roast lemon and thyme chicken leg
Leg of lamb steak (c)
Vegetable crumble with mustard gravy (mu, g)
Fish of the day

FRIDAY

Turkey lasagne (c, g, d)
Homemade pork and sage sausage roll (g, e)
Bean and vegetable sausage roll (g, e, c)
Battered fish with tartare sauce (g, f)

SATURDAY & SUNDAY

BRUNCH
Sausage (g), Vegan Sausage (g), Bacon,
Fried Egg (e), Scrambled egg (e, d), 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

BBQ chicken breast (su,mu)
Grilled lamb steak with tomato, oregano and feta topping (d)
Stuffed aubergine with tabbouleh (c,g)
Fish of the day

TUESDAY

Bacon carbonara with spaghetti (g,d)
Cottage pie with herb mash (c,su,d)
Vegetable cottage pie (c,su,d)
Fish of the day

WEDNESDAY

Indian night
Chicken madras (mu,c)
Vegetable korma (mu,c)
Fish curry (mu,c,f)
Spiced sausage jambalaya (g,mu,c)

THURSDAY

Turkey stroganoff with rice (d,mu,c)
Escalope of pork with mozzarella and bacon melt (d)
Red onion, squash and spinach turnover (g)
Fish of the day

FRIDAY

Spiced minute steak
Chicken, gherkin, cheddar and onion quesadilla (su,d,g)
Vegetable enchiladas bakes in tomato sauce (c,g)
Fish of the day

SATURDAY

Pizza night
Tuna pizza(f,c,g,d)
Pepperoni pizza(c,d,g)
Courgette and pepper pizza (g)
Maple glazed pork ribs (su)

SUNDAY

Roast leg of lamb (c)
Cauliflower cheese turnover with mustard (mu,g,so)
Pork steak with apple chutney
Fish of the day

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