MONDAY

Stuffed pepper with roasted vegetables
Turkey escalope with tomato sauce (c,su)
Chunky vegetable chilli (c)
Fish of the day

TUESDAY

Spiced tofu with lentils and leeks
Thai green chicken curry (c,so)
Thai green jack fruit and vegetable curry (c,so)
Fish of the day

WEDNESDAY

Roast squash and red onion with herb oil and gluten free pasta
Beef lasagne (c,g,d)
Vegan lasagne (c,so,g)
Fish of the day

THURSDAY

Stuffed jacket potato with beans in tomato sauce
Leg of lamb steak (c)
Vegetable crumble with mustard gravy (mu,g)
Fish of the day

FRIDAY

Filled squash with quinoa, herbs and lemon
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
FRIDAY
Stir fry vegetables with tofu and rice noodles
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 (f,c,g,d)
Pepperoni (c,d,g)
Courgette and pepper (g)
SUNDAY
Roast leg of lamb (c)
Cauliflower cheese turnover with mustard (mu,g,so)
Fish of the day
(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