

# YOUR MENU THIS WEEK

WEEK ONE

WEEK COMMENCING

20/02/23, 13/03/23, 17/04/23, 08/05/23,  
05/06/23, 26/06/23, 17/07/23



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Quorn in bbq sauce (egg, may contain gluten) (v)	½ Jacket with sausage & bean casserole (gluten, soya, sulphites)	Herby roast chicken & gravy	Spaghetti beef bolognese (gluten)	Fish fingers (fish, gluten)
PLANT POWER	Mexican veggie tostada (gluten, milk) (v)	½ Jacket with rich cauliflower cheese (gluten, milk) (v)	Broccoli & red pepper pie (egg, gluten) (v)	Tomato, Lentil & Herb Spaghetti (gluten) (v)	Bbq spiced vegetable 50/50 rice bake (may contain gluten) (v)
SIDES	50/50 Rice, Broccoli	Sweetcorn	Skin on roasties, Cabbage & Carrots	Peas	Chips, Baked Beans
PUDDINGS	Ginger biscuit (gluten)	Fruity cornflake cake (gluten, sulphites)	Chocolate cake (egg, gluten) with chocolate custard (milk)	Fruit & forest berry crumble (gluten)& custard (milk)	Yoghurt (milk)

Available daily

Jacket Potatoes with Beans, Cheese (milk), Fresh Fruit, Daily Salad, Handmade Bread (gluten, milk, soya, may contain egg)

\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\*

