

Week 1	Main Course £2.50 Main Course & Dessert £2.80	Vegetarian £2.50 Vegetarian Meal & Dessert £2.80	Dessert 75p Dessert & Custard 95p	Available Daily
Monday	<p><b><u>Roast Chicken Dinner (Wheat)</u></b> <i>Slices of chicken breast served with gravy, stuffing, baton carrots, peas, roast &amp; creamed potatoes</i></p> <p><b>Or</b></p> <p><b><u>Beef Stir Fry &amp; Garlic Bread (Wheat &amp; Soya)</u></b> <i>Strips of beef stir fried with peppers, onions, corn &amp; soy sauce. Served with noodles &amp; garlic bread</i></p>	<p><b><u>Cheese &amp; Tomato Omelette (Egg &amp; Milk)</u></b> <i>Served with Green Salad &amp; baked potato</i></p>	<p><b><u>Jam &amp; Coconut Sponge &amp; Custard (Egg &amp; Gluten)</u></b> <i>(Egg sponge)</i></p> <p><b><u>Fresh Fruit Salad</u></b></p>	<p>Panini's (various fillings) Homemade vegetable soup &amp; crusty roll Homemade potato &amp; leek soup with wheaten bread Sandwiches (various fillings) Baguettes (various fillings) Ham/Chicken Salads Chicken kebab with BBQ sauce Selection of Homemade Breads Selection of fresh fruit Crackers &amp; cheese Low fat yogurts Fruit pots Pasta pots Salad pots Hot Dog Individual pies Individual pasta Hot/cold wraps (various fillings) Breaded chicken drumsticks/wings Veggie kebab Ham/cheese/pineapple kebab</p> <p><b><u>Drinks</u></b> Bottled water Orange/Apple juice Milk/Milkshake Sukie Aqua Splash Jugs of fresh water</p>
Tuesday	<p><b><u>Spaghetti Bolognese (Wheat)</u></b> <i>Lean Mince cooked in onion, garlic, tomatoes &amp; herbs tossed in herbs with Garlic bread</i></p> <p><b>Or</b></p> <p><b><u>Chicken &amp; Ham Crumble (Wheat &amp; Milk)</u></b> <i>Diced chicken breast &amp; ham mixed with white sauce &amp; topped with wholemeal crumbs served with mixed vegetables, florets of broccoli &amp; garlic potatoes</i></p>	<p><b><u>Pasta &amp; Broccoli Bake (Milk &amp; Gluten)</u></b> <i>Served with mixed vegetables &amp; garlic potatoes</i></p>	<p><b><u>Strawberry Cheesecake (Wheat &amp; Oats)</u></b> <i>(biscuit base)</i></p> <p><b><u>Chocolate Cracknel &amp; Custard (Nuts)</u></b></p>	
Wednesday	<p><b><u>Nasi Goreng (Soya, Wheat, Mustard, Celery &amp; Gluten)</u></b> <i>Thinly sliced succulent chicken breast &amp; lean bacon mixed with boiled rice &amp; spices served with naan bread</i></p> <p><b>Or</b></p> <p><b><u>Potato, Leek &amp; Bacon Bake (Wheat &amp; Milk)</u></b> <i>Sliced potatoes, leeks &amp; bacon served in a creamy sauce &amp; sprinkled with cheese</i></p>	<p><b><u>Vegetable Kebab (Gluten)</u></b> <i>Served with salsa &amp; rice</i></p>	<p><b><u>Fresh Fruit Pavlova</u></b></p> <p><b><u>Chocolate Swiss Roll &amp; Custard (Wheat &amp; Milk)</u></b></p>	
Thursday	<p><b><u>Pasta Bolognese &amp; Garlic Bread (Gluten, Wheat &amp; Milk)</u></b> <i>Lean mince cooked with onions, herbs, garlic &amp; chopped tomatoes mixed with fusilli pasta and topped with parmesan cheese</i></p> <p><b>Or</b></p> <p><b><u>Salt &amp; Chilli Chicken (Wheat, Gluten, Cereals &amp; Egg)</u></b> <i>Strips of chicken sautéed with peppers &amp; onions served on a bed of rice and topped with a sauce of your choice</i></p>	<p><b><u>Cheese &amp; Tomato Panini (Milk &amp; Gluten)</u></b> <i>Served with pasta salad</i></p>	<p><b><u>Apple Crumble &amp; Custard (Gluten &amp; Milk)</u></b></p> <p><b><u>Butterscotch Tart &amp; Custard (Gluten &amp; Milk)</u></b></p>	
Friday	<p><b><u>Battered Cod &amp; Parsley Sauce (Gluten, Wheat &amp; Milk)</u></b> <i>Fresh fillets of cod in a lightly, fluffy batter with parsley sauce, peas, sweetcorn &amp; champ</i></p> <p><b>Or</b></p> <p><b><u>Chicken Goujons (Gluten, Wheat &amp; Milk)</u></b> <i>Served with coleslaw &amp; garlic bread</i></p>	<p><b><u>Stuffed Pepper (Milk &amp; Gluten)</u></b> <i>Served with coleslaw &amp; mashed potatoes</i></p>	<p><b><u>Golden Pops &amp; Custard (Milk)</u></b></p> <p><b><u>Carrot Cake &amp; Custard (Gluten, Milk &amp; Nuts)</u></b></p>	

