

Week 1	Main Course & Sweet Treat £2.80		Available Daily
Monday	<p><u>Roast Chicken Dinner (Wheat)</u> Slices of chicken breast served with gravy, stuffing, baton carrots, peas, roast & creamed potatoes</p> <p>Or</p> <p><u>Beef Stir Fry & Garlic Bread (Wheat & Soya)</u> Strips of beef stir fried with peppers, onions, corn & soy sauce. Served with noodles & garlic bread</p>	<p><u>Cheese & Tomato Omelette (Egg & Milk)</u> Served with Green Salad & baked potato</p>	<p>Panini's (various fillings) Homemade vegetable soup & crusty roll Homemade potato & 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 Fruit pots Salad pots Hot Dog Individual pies Individual pasta Hot/cold wraps (various fillings)</p> <p><u>Drinks</u> Bottled water Orange/Apple juice Milk/Milkshake Sukie Aqua Splash Jugs of fresh water</p>
Tuesday	<p><u>Spaghetti Bolognese (Wheat)</u> Lean Mince cooked in onion, garlic, tomatoes & herbs tossed in herbs with Garlic bread</p> <p>Or</p> <p><u>Chicken & Ham Crumble (Wheat & Milk)</u> Diced chicken breast & ham mixed with white sauce & topped with wholemeal crumbs served with mixed vegetables, florets of broccoli & garlic potatoes</p>	<p><u>Pasta & Broccoli Bake (Milk & Gluten)</u> Served with mixed vegetables & garlic potatoes</p>	
Wednesday	<p><u>Nasi Goreng (Soya, Wheat, Mustard, Celery & Gluten)</u> Thinly sliced succulent chicken breast & lean bacon mixed with boiled rice & spices served with naan bread</p> <p>Or</p> <p><u>Potato, Leek & Bacon Bake (Wheat & Milk)</u> Sliced potatoes, leeks & bacon served in a creamy sauce & sprinkled with cheese</p>	<p><u>Vegetable Kebab (Gluten)</u> Served with salsa & rice</p>	
Thursday	<p><u>Pasta Bolognese & Garlic Bread (Gluten, Wheat & Milk)</u> Lean mince cooked with onions, herbs, garlic & chopped tomatoes mixed with fusilli pasta and topped with parmesan cheese</p> <p>Or</p> <p><u>Salt & Chilli Chicken (Wheat, Gluten, Cereals & Egg)</u> Strips of chicken sautéed with peppers & onions served on a bed of rice and topped with a sauce of your choice</p>	<p><u>Cheese & Tomato Panini (Milk & Gluten)</u> Served with pasta salad</p>	
Friday	<p><u>Battered Cod & Parsley Sauce (Gluten, Wheat & Milk)</u> Fresh fillets of cod in a lightly, fluffy batter with parsley sauce, peas, sweetcorn & champ</p> <p>Or</p> <p><u>Chicken Goujons (Gluten, Wheat & Milk)</u> Served with coleslaw & garlic bread</p>	<p><u>Stuffed Pepper (Milk & Gluten)</u> Served with coleslaw & mashed potatoes</p>	

