

Week 2	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><u>Chicken Curry, Rice & Naan Bread (Wheat & Gluten)</u> Breast of chicken cooked in curry sauce with diced onion & apple served on a bed of boiled rice & naan bread</p> <p>Or</p> <p><u>Cottage Pie (Wheat)</u> Lean mince cooked with carrots and topped with creamy mash, served with carrot & parsnip mash and creamed potatoes</p>	<p><u>Macaroni Cheese (Gluten & Milk)</u> Served with carrot & parsnip mash and potatoes</p>	<p><u>Iced Sponge & Custard (Gluten & Milk)</u></p> <p><u>Strawberry Shortcake & Custard (Gluten & Milk)</u></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 Crackers & 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>
Tuesday	<p><u>Lasagne & Garlic Potatoes (Wheat & Gluten)</u> Lean mince cooked with onion, garlic & tomatoes topped with sliced potatoes & a cheese sauce, served with salads & garlic potatoes</p> <p>Or</p> <p><u>Chicken Fillet Burger (Wheat, Gluten & Milk)</u> Fillet of chicken in a seeded bun, served with salad and cubed potatoes</p>	<p><u>Sweet & Sour Vegetables (Gluten)</u> Served with rice & naan bread</p>	<p><u>Lemon Meringue & Custard (Gluten & Milk)</u></p> <p><u>Banoffee (Wheat)</u></p>	
Wednesday	<p><u>Chicken & Ham Crumble (Wheat, Gluten & Milk)</u> Diced chicken breast & ham mixed in a creamy white sauce topped with wholemeal crumbs, served with vegetables & creamed potatoes</p> <p>Or</p> <p><u>Black Bean Beef with Stir Fry Veg & Rice (Celery, Gluten, Wheat, Sesame seeds & Soybeans)</u> Strips of beef sautéed with peppers, onions and served with rice</p>	<p><u>Savoury Vegetable Rice (Gluten)</u> Served with curry sauce</p>	<p><u>Malteser Cheesecake (Wheat & Milk)</u></p> <p><u>Chocolate Sponge & Chocolate Sauce (Gluten & Milk)</u></p>	
Thursday	<p><u>Roast Beef Dinner (Gluten)</u> Slices of silverside, served with gravy, baton carrots, peas, roast & creamed potatoes</p> <p>Or</p> <p><u>Southern Fried Chicken in BBQ Sauce (Wheat, Gluten, Milk, Barley, Soya & Celery)</u> Wrap served with coleslaw & roast potatoes</p>	<p><u>Potato & Leek Bake (Milk)</u> Served with mixed veg</p>	<p><u>Fruit of the Forest Crumble (Gluten & Milk)</u></p> <p><u>Meringue Nests & Fruit (Milk)</u></p>	<p>Drinks Bottled water Orange/Apple juice Milk/Milkshake Sukie Aqua Splash Jugs of fresh water</p>
Friday	<p><u>Battered Cod (Wheat, Gluten & Milk)</u> Fresh fillets of cod coated in a light, crispy batter served with parsley sauce, mash & peas</p> <p>Or</p> <p><u>Chicken Goujons (Wheat, Gluten & Milk)</u> Served with coleslaw & garlic bread</p>	<p><u>Cheese & Chilli Panini (Gluten & Milk)</u> Served with mashed potato & salad</p> <p><u>Stuffed Pepper (milk)</u> Served with coleslaw & mashed potato</p>	<p><u>Raspberry Mousse (Milk)</u></p> <p><u>Sticky Toffee Pudding (Gluten)</u></p>	

