

Week 2	Main Course & Sweet Treat £2.80		Available Daily
Monday	<p><b><u>Chicken Curry, Rice &amp; Naan Bread</u> (Wheat &amp; Gluten)</b> Breast of chicken cooked in curry sauce with diced onion &amp; apple served on a bed of boiled rice &amp; naan bread</p> <p><b>Or</b></p> <p><b><u>Cottage Pie</u> (Wheat)</b> Lean mince cooked with carrots and topped with creamy mash, served with carrot &amp; parsnip mash and creamed potatoes</p>	<p><b><u>Macaroni Cheese</u> (Gluten &amp; Milk)</b> Served with carrot &amp; parsnip mash and potatoes</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 Fruit pots Salad pots Hot Dog Individual pies Individual pasta Hot/cold wraps (various fillings)</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>Lasagne &amp; Garlic Potatoes</u> (Wheat &amp; Gluten)</b> Lean mince cooked with onion, garlic &amp; tomatoes topped with sliced potatoes &amp; a cheese sauce, served with salads &amp; garlic potatoes</p> <p><b>Or</b></p> <p><b><u>Chicken Fillet Burger</u> (Wheat, Gluten &amp; Milk)</b> Fillet of chicken in a seeded bun, served with salad and cubed potatoes</p>	<p><b><u>Sweet &amp; Sour Vegetables</u> (Gluten)</b> Served with rice &amp; naan bread</p>	
Wednesday	<p><b><u>Chicken &amp; Ham Crumble</u> (Wheat, Gluten &amp; Milk)</b> Diced chicken breast &amp; ham mixed in a creamy white sauce topped with wholemeal crumbs, served with vegetables &amp; creamed potatoes</p> <p><b>Or</b></p> <p><b><u>Black Bean Beef with Stir Fry Veg &amp; Rice</u> (Celery, Gluten, Wheat, Sesame seeds &amp; Soybeans)</b> Strips of beef sautéed with peppers, onions and served with rice</p>	<p><b><u>Savoury Vegetable Rice</u> (Gluten)</b> Served with curry sauce</p>	
Thursday	<p><b><u>Roast Beef Dinner</u> (Gluten)</b> Slices of silverside, served with gravy, baton carrots, peas, roast &amp; creamed potatoes</p> <p><b>Or</b></p> <p><b><u>Southern Fried Chicken in BBQ Sauce</u> (Wheat, Gluten, Milk, Barley, Soya &amp; Celery)</b> Wrap served with coleslaw &amp; roast potatoes</p>	<p><b><u>Potato &amp; Leek Bake</u> (Milk)</b> Served with mixed veg</p>	
Friday	<p><b><u>Battered Cod</u> (Wheat, Gluten &amp; Milk)</b> Fresh fillets of cod coated in a light, crispy batter served with parsley sauce, mash &amp; peas</p> <p><b>Or</b></p> <p><b><u>Chicken Goujons</u> (Wheat, Gluten &amp; Milk)</b> Served with coleslaw &amp; garlic bread</p>	<p><b><u>Cheese &amp; Chilli Panini</u> (Gluten &amp; Milk)</b> Served with mashed potato &amp; salad</p> <p><b><u>Stuffed Pepper</u> (milk)</b> Served with coleslaw &amp; mashed potato</p>	

