

Week 3	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 align="center"><u>Roast Chicken Dinner (Wheat & Gluten)</u> <i>Slices of chicken breast served with gravy, stuffing, baton carrots, peas, roast & creamed potatoes</i></p> <p align="center">Or</p> <p align="center"><u>Braised Steak (Wheat & Gluten)</u> <i>Braising steak served with gravy, turnip & creamed potatoes</i></p>	<p align="center"><u>Margherita Pizza (Gluten & Milk)</u> <i>Served with salad & baked potato</i></p>	<p align="center">Chocolate Gateaux & Custard (Gluten & Milk)</p> <p align="center">Fresh Fruit Salad</p>	<p align="center">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 align="center"><u>Lasagne (Wheat, Milk & Lactose)</u> <i>Lean mince cooked with onion, garlic & tomatoes layered with lasagne & topped with white sauce and served with salads & garlic potatoes</i></p> <p align="center">Or</p> <p align="center"><u>BBQ Chicken (Wheat, Gluten, Milk, Barley, Soya & Celery)</u> <i>Fresh chicken fillets baked in the oven with BBQ sauce served with sweetcorn & garlic potatoes</i></p>	<p align="center"><u>Pitta Pocket (Gluten & Milk)</u> <i>Served with salad</i></p>	<p align="center">Jelly</p> <p align="center">Cheesecake & Cream (White & Milk)</p> <p align="center">Cornflake Tart & Custard (Gluten)</p>	
Wednesday	<p align="center"><u>Nasi Goreng (Wheat, Gluten, Soya, Mustard & Celery)</u> <i>Thinly sliced succulent chicken breast with lean bacon mixed with rice & spices- served with curry sauce & naan bread</i></p> <p align="center">Or</p> <p align="center"><u>Stuffed Sausages (Wheat & Gluten)</u> <i>Pork sausage stuffed and wrapped in bacon, served with vegetables, creamed potatoes & gravy</i></p>	<p align="center"><u>Savoury Rice (Gluten)</u> <i>Served with curry sauce & naan bread</i></p>	<p align="center">Apple & Summer Fruit Crumble & Custard (Gluten & Milk)</p> <p align="center">Ice cream & Jelly</p>	
Thursday	<p align="center"><u>Roast Beef Dinner (Wheat)</u> <i>Slices of silverside served with gravy, baton carrots, peas & roast and creamed potatoes</i></p> <p align="center">Or</p> <p align="center"><u>Spaghetti Carbonara & Garlic Bread (Wheat, Gluten & Egg)</u> <i>Spaghetti tossed with crispy bacon, garlic, eggs & parmesan cheese, served with garlic bread</i></p>	<p align="center"><u>Stuffed mushroom (Gluten & Milk)</u> <i>Stuffed with veg in a tomato sauce topped with cheese and breadcrumbs & served with champ</i></p>	<p align="center">Butterscotch Tart & Custard (Gluten & Milk)</p> <p align="center">Strawberry Gateaux (Gluten & Milk)</p>	<p align="center">Drinks Bottled water Orange/Apple juice Milk/Milkshake Sukie Aqua Splash Jugs of fresh water</p>
Friday	<p align="center"><u>Battered Cod (Wheat, Gluten & Milk)</u> <i>Fresh fillets of cod coated in a light, fluffy batter with parsley sauce, peas, sweetcorn, & champ</i></p> <p align="center">Or</p> <p align="center"><u>Chicken Goujons (Wheat, Gluten & Milk)</u> <i>Served with coleslaw & garlic bread</i></p>	<p align="center"><u>Omelette (Egg & Milk)</u> <i>Served with Green Salad & boiled potato</i></p>	<p align="center">Chocolate Cracknel & Custard (Gluten, Milk & Nuts)</p> <p align="center">Golden Pops & Custard (Gluten & Milk)</p>	

