

Week 3	Main Course & Sweet Treat £2.80		Available Daily
Monday	<p><u>Roast Chicken Dinner</u> (Wheat & Gluten) Slices of chicken breast served with gravy, stuffing, baton carrots, peas, roast & creamed potatoes</p> <p>Or</p> <p><u>Braised Steak</u> (Wheat & Gluten) Braising steak served with gravy, turnip & creamed potatoes</p>	<p><u>Margherita Pizza</u> (Gluten & Milk) Served with 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</p>
Tuesday	<p><u>Lasagne</u> (Wheat, Milk & Lactose) Lean mince cooked with onion, garlic & tomatoes layered with lasagne & topped with white sauce and served with salads & garlic potatoes</p> <p>Or</p> <p><u>BBQ Chicken</u> (Wheat, Gluten, Milk, Barley, Soya & Celery) Fresh chicken fillets baked in the oven with BBQ sauce served with sweetcorn & garlic potatoes</p>	<p><u>Pitta Pocket</u> (Gluten & Milk) Served with salad</p>	<p>Fruit pots Salad pots Hot Dog Individual pies Individual pasta Hot/cold wraps (various fillings)</p>
Wednesday	<p><u>Nasi Goreng</u> (Wheat, Gluten, Soya, Mustard & Celery) Thinly sliced succulent chicken breast with lean bacon mixed with rice & spices- served with curry sauce & naan bread</p> <p>Or</p> <p><u>Stuffed Sausages</u> (Wheat & Gluten) Pork sausage stuffed and wrapped in bacon, served with vegetables, creamed potatoes & gravy</p>	<p><u>Savoury Rice</u> (Gluten) Served with curry sauce & naan bread</p>	<p>Fruit pots Salad pots Hot Dog Individual pies Individual pasta Hot/cold wraps (various fillings)</p>
Thursday	<p><u>Roast Beef Dinner</u> (Wheat) Slices of silverside served with gravy, baton carrots, peas & roast and creamed potatoes</p> <p>Or</p> <p><u>Spaghetti Carbonara & Garlic Bread</u> (Wheat, Gluten & Egg) Spaghetti tossed with crispy bacon, garlic, eggs & parmesan cheese, served with garlic bread</p>	<p><u>Stuffed mushroom</u> (Gluten & Milk) Stuffed with veg in a tomato sauce topped with cheese and breadcrumbs & served with champ</p>	<p><u>Drinks</u> Bottled water Orange/Apple juice Milk/Milkshake Sukie Aqua Splash Jugs of fresh water</p>
Friday	<p><u>Battered Cod</u> (Wheat, Gluten & Milk) Fresh fillets of cod coated in a light, fluffy batter with parsley sauce, peas, sweetcorn, & champ</p> <p>Or</p> <p><u>Chicken Goujons</u> (Wheat, Gluten & Milk) Served with coleslaw & garlic bread</p>	<p><u>Omelette</u> (Egg & Milk) Served with Green Salad & boiled potato</p>	<p><u>Drinks</u> Bottled water Orange/Apple juice Milk/Milkshake Sukie Aqua Splash Jugs of fresh water</p>

