

Week 4	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 (Wheat & Gluten)</u> <i>Breast of chicken cooked in curry sauce with diced onion & apple served on a bed of rice & naan bread</i></p> <p>Or</p> <p><u>Peppered Beef & Rice (Wheat & Gluten)</u> <i>Strips of beef cooked in onion & peppers in a rich gravy. Served with rice and Naan bread</i></p>	<p><u>Stuffed Pepper (Milk & Gluten)</u> <i>Served with salad & garlic bread</i></p>	<p><u>Chocolate Gateaux & Custard (Gluten & Milk)</u></p> <p><u>Fresh Fruit Salad</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>Meatballs in Tomato Sauce (Wheat & Gluten)</u> <i>Lean mince cooked with onion, garlic & spices in a tomato and basil sauce served with spaghetti and a slice of garlic bread</i></p> <p>Or</p> <p><u>Chicken & Ham Crumble (Wheat, Milk & Gluten)</u> <i>Diced chicken breast & ham mixed in a creamy white sauce topped with wholemeal crumbs, served with diced turnip & garlic potatoes</i></p>	<p><u>Potato & Vegetable Cakes (Gluten & Egg)</u> <i>Served with beans</i></p>	<p><u>Jelly</u></p> <p><u>Cheesecake & Cream (Gluten & Milk)</u></p> <p><u>Cornflake Tart & Custard (Gluten & Milk)</u></p>	<p>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>
Wednesday	<p><u>Lasagne (Wheat, Milk & Gluten)</u> <i>Lean mince cooked with onion, garlic & tomatoes, layered with lasagne and topped with cheese sauce, served with salads & baby boiled potatoes</i></p> <p>Or</p> <p><u>Salt & Chilli Chicken with Noodles (Wheat & Gluten)</u> <i>Strips of salt and chilli chicken sautéed with peppers & onions served on a bed of rice and topped with a sauce of your choice</i></p>	<p><u>Savoury Rice (Gluten)</u> <i>Served with curry & naan bread</i></p>	<p><u>Apple & Summer Fruit Crumble & Custard (Gluten & Milk)</u></p> <p><u>Ice cream & Jelly (Milk)</u></p>	<p>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>
Thursday	<p><u>Roast Beef/Chicken Dinner (Wheat & Gluten)</u> <i>Slices of silverside/chicken served with gravy, baton carrots, peas & roast and creamed potatoes</i></p> <p>Or</p> <p><u>Pasta Bolognese & Garlic Bread (Gluten, Wheat & Milk)</u> <i>Lean mince cooked with onions, herbs, garlic & chopped tomatoes mixed with fusilli pasta and topped with parmesan cheese</i></p>	<p><u>Tomato & Basil Pasta (Gluten)</u> <i>Served with garlic bread</i></p>	<p><u>Butterscotch Tart & Custard (Gluten & Milk)</u></p> <p><u>Strawberry Gateaux (Gluten & Milk)</u></p>	<p>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>
Friday	<p><u>Battered Cod & Parsley Sauce (Gluten, Wheat & Milk)</u> <i>Fresh fillets of cod coated in a light, fluffy batter with parsley sauce, peas, sweetcorn, & mashed potato</i></p> <p>Or</p> <p><u>Chicken Goujons (Gluten, Wheat & Milk)</u> <i>Served with coleslaw & garlic bread</i></p>	<p><u>Panini (Gluten & Milk)</u> <i>Served with mash & salad</i></p>	<p><u>Chocolate Cracknel & Custard (Gluten, Milk & Nuts)</u></p> <p><u>Golden Pops & Custard (Gluten & Milk)</u></p>	<p>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>

