

Week 4	Main Course & Sweet Treat £2.80		Available Daily
Monday	<p><u>Chicken Curry & Rice (Wheat & Gluten)</u> Breast of chicken cooked in curry sauce with diced onion & apple served on a bed of rice & naan bread</p> <p>Or</p> <p><u>Peppered Beef & Rice (Wheat & Gluten)</u> Strips of beef cooked in onion & peppers in a rich gravy. Served with rice and Naan bread</p>	<p><u>Stuffed Pepper (Milk & Gluten)</u> Served with salad & garlic bread</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 Fruit pots Salad pots Hot Dog Individual pies Individual pasta Hot/cold wraps (various fillings)</p> <p><u>Drinks</u> Bottled water Orange/Apple juice Milk/Milkshake Sukie Aqua Splash Jugs of fresh water</p>
Tuesday	<p><u>Meatballs in Tomato Sauce (Wheat & Gluten)</u> Lean mince cooked with onion, garlic & spices in a tomato and basil sauce served with spaghetti and a slice of garlic bread</p> <p>Or</p> <p><u>Chicken & Ham Crumble (Wheat, Milk & Gluten)</u> Diced chicken breast & ham mixed in a creamy white sauce topped with wholemeal crumbs, served with diced turnip & garlic potatoes</p>	<p><u>Potato & Vegetable Cakes (Gluten & Egg)</u> Served with beans</p>	
Wednesday	<p><u>Lasagne (Wheat, Milk & Gluten)</u> Lean mince cooked with onion, garlic & tomatoes, layered with lasagne and topped with cheese sauce, served with salads & baby boiled potatoes</p> <p>Or</p> <p><u>Salt & Chilli Chicken with Noodles (Wheat & Gluten)</u> Strips of salt and chilli chicken sautéed with peppers & onions served on a bed of rice and topped with a sauce of your choice</p>	<p><u>Savoury Rice (Gluten)</u> Served with curry & naan bread</p>	
Thursday	<p><u>Roast Beef/Chicken Dinner (Wheat & Gluten)</u> Slices of silverside/chicken served with gravy, baton carrots, peas & roast and creamed potatoes</p> <p>Or</p> <p><u>Pasta Bolognese & Garlic Bread (Gluten, Wheat & Milk)</u> Lean mince cooked with onions, herbs, garlic & chopped tomatoes mixed with fusilli pasta and topped with parmesan cheese</p>	<p><u>Tomato & Basil Pasta (Gluten)</u> Served with garlic bread</p>	
Friday	<p><u>Battered Cod & Parsley Sauce (Gluten, Wheat & Milk)</u> Fresh fillets of cod coated in a light, fluffy batter with parsley sauce, peas, sweetcorn, & mashed potato</p> <p>Or</p> <p><u>Chicken Goujons (Gluten, Wheat & Milk)</u> Served with coleslaw & garlic bread</p>	<p><u>Panini (Gluten & Milk)</u> Served with mash & salad</p>	

