



Daily Additional Items:

Freshly Baked Bread (G) & Butter

Simple Salads

Includes carrot, tomato cucumber and mixed leaf

Composite Salads

Chefs choice speciality salads

Allergen Key:

G- Gluten

Mk- Milk

E- Egg

So- Soya

Ce- Celery

Mu- Mustard

F-Fish

SH- Shellfish

N- Nuts

P- Peanuts

L- Lupin

Su- Sulphur Dioxide

Week Commencing 21st September	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef Ragu (Su, C,)	Piri Piri Style Chicken (Ce, Mu)	Cottage Pie (Ce, Mk)	Chicken Katsu Style Curry (G,So)	Hake Loin with Tomato & Dill Sauce (F)
Vegetarian	Vegetable Arrabiatta	Penne Pasta with Tomato & Basil Sauce (Mk, G)	Vegan Lentil Shepard's Pie	3 Bean Chilli (Ce)	3 Cheese Tomato Pasta Bake (G, Mk)
Side Items	Spaghetti with Roasted Carrot & Celeriac	New Potatoes & Sweetcorn	Braised Red Cabbage	Basmati Rice & Roasted Leeks & Cauliflower	Steamed Garden Peas & New Potatoes
Dessert	Fruit Salad/Yoghurt (Mk)	Fruit Salad/Yoghurt (Mk)	Toffee Flavoured Sponge with Caramel Sauce (E,Mk, G)	Fruit Salad/Yoghurt (Mk)	Raspberry Sponge with Custard (E, Mk, G)



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Week Commencing 28th September	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Galician Beef Stew (Ce)	Tandoori Chicken Drumsticks (Mu)	Swedish Style Meatballs (Mk, Mu, F)	Chicken Burrito with Sour Cream & Salsa (G,mk)	Haddock & Cod Pasta Bake (F,g,mk)
Vegetarian	Lentil, Mushroom & Paprika Casserole	Yello Lentil Daal	Slow Cooked Tomato & Chickpea Chili (Ce)	Kidney Bean & Pepper Burrito	Vegetable Ratatouille
Side Items	New Potatoes & Green Beans	Basmati Rice & Roasted White Cabbage	Skins On Mashed Potato (Mk) Garden Peas	Roasted Beetroot & Parsnip	New Potatoes Sweetcorn
Dessert	Fruit Salad/Yoghurt (MK)	Fruit Salad/Yoghurt (MK)	Chocolate Sponge Topped with Cacao Mousse (MK, E, G)	Fruit Salad/Yoghurt (MK)	Carrot Cake with Custard (G, Mk, E)



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Week Commencing 5th October	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Alfredo (Ce)	Navarin Lamb (Ce,mu)	Farm Assued Beef Sausages with Onion Gravy (G)	Thyme & Honey Roast Chicken with Onion Gravy	Home Made Fish Cakes (F,g,mu,mk)
Vegetarian	Mushroom & Tarragon Marinara (Ce)	Cajun Vegetable Burrito (G)	Vegetable Bourguignon (Mk)	Aubergine Stuffed with Moroccan Spiced Quinoa	Ratatouille Penne Pasta Bake (Mk,g)
Side Items	Fusilli Pasta (G)	Basmati Rice Roasted Leek & Celeriac	Skins On Mashed Potato (Mk) Garden Peas	Potato Wedges & Sweetcorn	New Potatoes & Broccoli Florets
Dessert	Fruit Salad/Yoghurt (Mk)	Fruit Jelly/Yoghurt (Mk)	New Potatoes & Broccoli Florets	Fruit Jelly/Yoghurt (Mk)	Orange Cake Topped with Zesty Cream (G,mk)