

	OPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 21/4, 12/5, 9/6, 30/6, 21/07, 15/9, 6/10	<b>Main Course</b> --Salmon & Vegetable Risotto ( GF ) Quorn Burger in a bap	-Chicken Pizza ( GF ) -Vegetable Curry & Rice ( GF )	-Chicken Roast ( GF ) - Cheese Muffin	-Beef Lasagne & Garlic Bread -Quorn Chilli & Rice ( GF )	-Fish & Chips with vegetables -Vegetable Sausage *Oil	
	<b>Dessert</b> -Shortbread -Fruit Angel Delight -Fruit Sponge -Flapjack -Ice Cream pot	-Shortbread -Fruit Angel Delight -Fruit Sponge -Flapjack -Ice Cream pot	-Shortbread -Fruit Angel Delight -Fruit Sponge -Flapjack -Ice Cream pot	-Shortbread -Fruit Angel Delight -Fruit Sponge -Flapjack -Ice Cream pot	-Shortbread -Fruit Angel Delight -Fruit Sponge -Flapjack -Ice Cream pot	-Shortbread -Fruit Angel Delight -Fruit Sponge -Flapjack -Ice Cream pot
<b>WEEK 2</b> 28/4, 19/5, 16/6, 7/7, 1/9, 22/9, 13/10	<b>Main Course</b> -Chicken Goujons ( GF ) -Quorn Mince Spaghetti Bolog	- Chicken Curry may contain nuts - Cheese Wheel	-Sausage Roast ( GF ) - Roast Vegetable Pasta	-Beef Burger in a Bap -Vegetable Lasagne & Garlic Bread	-Fish & Chips* with vegetables -Roast vegetable pizza *Oil	
	<b>Dessert</b> -Apple & Oat Squares DF - Fruit Crumble & Custard -Fruit Angel Delight -Shortbread -Fruit Sponge	-Apple & Oat Squares DF - Fruit Crumble & Custard -Fruit Angel Delight -Shortbread -Fruit Sponge	-Apple & Oat Squares DF - Fruit Crumble & Custard -Fruit Angel Delight -Shortbread -Fruit Sponge	-Apple & Oat Squares DF - Fruit Crumble & Custard -Fruit Angel Delight -Shortbread -Fruit Sponge	-Apple & Oat Squares DF - Fruit Crumble & Custard -Fruit Angel Delight -Shortbread -Fruit Sponge	-Apple & Oat Squares DF - Fruit Crumble & Custard -Fruit Angel Delight -Shortbread -Fruit Sponge
<b>WEEK 3</b> 5/5, 2/6, 23/6, 14/7, 8/9, 29/9, 20/10	<b>Main Course</b> -BBQ Chicken Rice ( GF ) & Veg - Macaroni Cheese	-Sweet & Sour Chicken & Rice GF -Cheese & Tomato Pizza GF	-Roast Gammon & Pineapple GF --Roast Vegetable Tart ( GF ) May contain	-Ham Pizza - Quorn Sausage Hot Dog	-Fish & Chips* with vegetables -Vegetable Nuggets *Oil	
	<b>Dessert</b> Peaches & Ice Cream -Fruit Angel Delight --Cheese & Crackers -Shortbread -Fruit Sponge	Peaches & Ice Cream -Fruit Angel Delight --Cheese & Crackers -Shortbread -Fruit Sponge	Peaches & Ice Cream -Fruit Angel Delight --Cheese & Crackers -Shortbread -Fruit Sponge	Peaches & Ice Cream -Fruit Angel Delight --Cheese & Crackers -Shortbread -Fruit Sponge	Peaches & Ice Cream -Fruit Angel Delight --Cheese & Crackers -Shortbread -Fruit Sponge	Peaches & Ice Cream -Fruit Angel Delight --Cheese & Crackers -Shortbread -Fruit Sponge

### AVAILABLE EVERYDAY

- Jacket potato with tuna, egg, cheese or beans ( GF ) \*
- Sandwich with tuna, egg, cheese or ham
- Fruit & Yoghurt

### MENU ALLERGIES

- ▲ Gluten
- ▲ Egg
- ▲ Milk
- ▲ Soya
- ▲ Mustard
- ▲ Peanut
- ▲ Nuts
- Molluscs
- Fish
- Lupin
- Celery
- Mustard
- Sesame Seeds ( Humous )
- Sulphur dioxide ( ham, lemon juice on cut up apple, sultanas )

- DF = Dairy Free
- GF = Gluten Free
- \* = Jacket potatoes have butter unless requested not to
- Gravy is GF
- Chip Oil contains Soya
- Gluten Free flour contains Maize
- RTU Curry Sauce may contain