



WEEK 3



Monday

Dish of the day
Cumberland Pork Sausages or
Vegetarian Sausages with
Gravy
(sausages contains gluten)

Vegetarian option
Vegetable Chilli
served with Rice

Sides
Jacket Potatoes
Carrots
Garden Peas

Snack Choice
Pasta Dish Of The Day
(contains gluten)

Daily Salad Bar

Dessert
Bananas and Custard
(contains dairy)
Fresh Fruit
Fruit Salad
Yoghurt

Tuesday

Dish of the day
Minced Beef Lasagne
(contains dairy and gluten)

Vegetarian option
Stuffed Peppers

Sides
Garlic Foccacia Bread
Sweetcorn
Broccoli Florets

Snack Choice
Jacket Potatoes with
Baked Beans

Daily Salad Bar

Dessert
Lemon Drizzle Cake
(contains eggs and gluten)
Fresh Fruit
Fruit Salad
Yoghurt

Wednesday

Dish of the day
Chicken Drumstick with
Barbeque Sauce

Vegetarian option
Three Cheese and Tomato
Puff Parcels
(contains dairy and gluten)

Sides
Potatoes Wedges
Vegetable medley
Green Beans

Snack Choice
Pasta Dish Of The Day
(contains gluten)

Daily Salad Bar

Dessert
Frozen Yoghurt dessert
(contains dairy)
Fresh Fruit
Fruit Salad
Yoghurt

Thursday

Dish of the day
Roast Gammon served with
Pineapple and Gravy

Vegetarian option
Thai Green Vegetable Curry
with Rice
(contains dairy and gluten)

Sides
Roast Potatoes
Floret Medley
Carrots

Snack Choice
Jacket Potatoes with
Baked Beans

Daily Salad Bar

Dessert
Creamy Rice Pudding with Jam
(contains dairy)
Fresh Fruit
Fruit Salad
Yoghurt

Friday

Dish of the day
Breaded Cod Fillet
(contains gluten)

Vegetarian option
Spinach and Mushroom
Lasagne
(contains dairy and gluten)

Sides
Chips
Baked Beans
Peas

Snack Choice
Jacket Potatoes with
Baked Beans

Daily Salad Bar

Dessert
Jelly
Fresh Fruit
Fruit Salad
Yoghurt