Allergy information available on request

WEEK 3

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

MONDAY	Macaroni Cheese (v)	Savoury Vegetable Rice (v)	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Broccoli Carrots	Fruit Flapjack
TUESDAY	Beef Burger with Wedges	Veggie Burger with Wedges (v)	Pasta with Tomato or Cheese Sauce	Mixed Vegetables	Ruby Chocolate Brownie
WEDNESDAY	Roast Chicken with New Potatoes and Gravy	Spring Vegetable Parcel with New Potatoes and Gravy (v)	Pasta with Tomato or Cheese Sauce	Carrots Spring Cabbage	Lemon Drizzle Cake
THURSDAY	Beef Bolognese with Pasta	Vegetable Chilli Nachos with Rice (v)	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Sweetcorn Green Beans	Fruit Jelly
FRIDAY	Fish and Chips	Cheese and Tomato Quesadilla with Chips (v)	Jacket Potato with Cheese, Baked Beans or Salmon Mayo	Peas Baked Beans	Ice Cream and Fresh Fruit

13th Sept, 4th Oct

Soil Association FOOD FOR LIFE

CERTIFIED SUSTAINABLE SEAFOOD