

WEEK 1

<i>MENU</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
MAIN EVENT	Chicken Tikka Masala with Naan Bread (m g)	Savoury Meatballs (g)	Barbecue Style Chicken	Roast Pork with Apple Sauce	Crispy Battered Pollack Fillet or Fish Fingers (g f mu)
HALAL MAIN	Chicken Tikka Masala with Naan Bread (m g)	Halal Savoury Meatballs (g)	Barbecue Style Chicken	Roast Lamb with Mint Sauce or Roast Beef	Crispy Battered Pollack Fillet or Fish Fingers (g f mu)
MEAT FREE ZONE	Tomato, Pepper and Onion Pastry Slice (m g)	Quorn Burger (m g e)	Creamy Vegetable Kievs (m g)	Stir Fry Noodles (g e s)	Vegetable Samosas (g s)
JACKET POTATO	Baked Jacket Potato with Tuna Mayonnaise (e)	Baked Jacket Potato with Grated Cheese (m)	Baked Jacket Potato with Quorn Mince Chilli (e)	Baked Jacket Potato with Chicken Mayonnaise (e)	Baked Jacket Potato
5 A DAY	Mixed Vegetables, Fluffy Rice	Sweetcorn, Spaghetti (g)	Sliced Green Beans Buttered New Potatoes (m)	Broccoli, Carrots, Roast Potatoes	Garden Peas, Baked Beans, French Fries
PUDDING	Peach Melba (m)	Chocolate Sponge with Chocolate Sauce (e m g)	Banana Crunch (m g)	Rice Pudding with Choc Drops or Jam	Shortbread Fingers (g)
Allergens	m = milk e = eggs	g = gluten f = fish	s = soya	mu = mustard	

AVAILABLE EVERY DAY

Salad Bar, Fresh Bread, Cheese & Crackers, Yoghurt and Fresh Fruit