

# WEEK 3

<i>MENU</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<b>MAIN EVENT</b>	Fish Stars (f g)	Sausages with Yorkshire Puddings (g m e)	Beef Shortcrust Pastry Pie (g c)	Baked Gammon Ham	Breaded Fish Fillet or Fish Fingers (f g mu)
<b>HALAL MAIN</b>	Fish Stars (f g)	Sausages with Yorkshire Puddings (g m e)	Beef Shortcrust Pastry Pie (g c)	Chilled Sliced Tandoori Chicken (m)	Breaded Fish Fillet or Fish Fingers (f g mu)
<b>MEAT FREE ZONE</b>	Quorn Pieces in Tomato Salsa with Taco Shell (e)	Cheese Flan (g m e)	Country Vegetable Bakes (g m)	Tomato and Herb Pasta Bake (g m)	Margherita Pizza (g m)
<b>JACKET POTATO</b>	Baked Jacket Potato with Chicken Mayonnaise (e)	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with Tuna Mayonnaise (e)	Baked Jacket Potato with Grated Cheese (m)	Baked Jacket Potato
<b>5 A DAY</b>	Garden Peas, Mini Corn on the Cob Pasta Twists (g)	Carrots, Baked Beans, Hash Browns	Mixed Vegetables, Baby Potatoes (m)	Green Salad, Jacket Wedges	Sweetcorn, Spaghetti Hoops, French Fries (g)
<b>PUDDING</b>	Strawberry or Chocolate Mousse (m)	Carrot Cake with Cream Cheese Topping (g m e)	Chocolate Chip Cookies (g m)	Iced Sponge (g m e)	Choc Ices (m s)
Allergens	m = milk e = eggs	g = gluten f = fish	s = soya	c = celery	mu = mustard

## AVAILABLE EVERY DAY

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