

# Week One

Fresh seasonal salad available daily. Fresh fruit and yoghurts available daily as an alternative to the dessert of the day. Allergy information available on request.

<p><b>M O N D A Y</b></p>	<p><b>Vegetable Enchiladas</b> Mediterranean roasted vegetables in a wrap, oven baked and topped with melted cheese. Served with mixed garlic potato wedges</p> <p><b>Quorn Sausages &amp; Wedges</b> Oven baked Quorn sausages served with mixed garlic potato wedges and vegetable gravy</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich (Gluten, Soya)</b> In All- Tuna (Fish)/Cheese (Milk)/Ham/ Egg mayonnaise (Egg)</p> <p><b>Sides</b> Sweetcorn Peas</p> <p><b>Dessert – Carrot cake (Wheat, Milk, Egg)</b></p>
<p><b>T U E S D A Y</b></p>	<p><b>Beef Stew &amp; Dumplings</b> Succulent braised beef and dumplings in a rich gravy served with creamy mashed potato</p> <p><b>Vegetable Stew &amp; Dumplings</b> Winter vegetable stew and vegetarian dumplings served with creamy mashed potato</p>	<p><b>Jacket potato</b> with various fillings <b>Tortilla wrap (Gluten)</b> Tuna (Fish)/Cheese (Milk)/Ham/ Egg mayonnaise (Egg)</p> <p><b>Sides-</b> Carrots and Broccoli</p> <p><b>Dessert – Mousse</b></p>
<p><b>W E D N E S D A Y</b></p>	<p><b>Roast Chicken</b> Tender roast chicken served with roast potatoes and gravy</p> <p><b>Roast fish (Fish)</b> Oven roasted fish fillet served with roast potatoes and gravy</p> <p><b>Roast Quorn Fillets (Gluten)</b> Tender Roasted Quorn fillet served with vegetarian gravy</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich (Gluten, Soya)</b> In All– Tuna (Fish)/Cheese (Milk)/Ham/ Egg mayonnaise (Egg)</p> <p><b>Sides</b> Green beans Carrots</p> <p><b>Dessert – Jelly</b></p>
<p><b>T H U R S D A Y</b></p>	<p><b>Salmon &amp; Pea Creamy Pasta</b> Flaked salmon with peas in a creamy garlic sauce with pasta bows served with Garlic bread &amp; Salad</p> <p><b>Macaroni Cheese</b> Macaroni pasta in a cheesy sauce baked in the oven served with Garlic bread &amp; Salad</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich - (Gluten, Soya)</b> In All– Tuna (Fish)/Cheese (Milk)/Ham/ Egg mayonnaise (Egg)</p> <p><b>Sides</b> Garlic bread &amp; Salad</p> <p><b>Dessert - Chocolate cake &amp; Chocolate Custard</b></p>
<p><b>F R I D A Y</b></p>	<p><b>Harry Ramsdens Mini Battered Mini fish</b> Mini bubbly battered fish served with chips</p> <p><b>Fishless Fish Fingers</b> Quorn fishless fingers served with chips</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich (Gluten, Soya)</b> In All– Tuna (Fish)/Cheese (Milk)/Ham/ Egg mayonnaise (Egg)</p> <p><b>Sides</b> Baked beans</p> <p><b>Dessert- Flapjack</b></p>

# Week Two

Fresh seasonal salad available daily. Fresh fruit and yoghurts available daily as an alternative to the dessert of the day. Allergy information available on request.

<p><b>M O N D A Y</b></p>	<p><b>Vegetable Curry</b> Vegan curry made with sweet potato, vegetables and lentils served with rice and Naan bread</p> <p><b>Quorn Curry</b> Quorn chunks cooked in a mild curry sauce served with rice and Naan bread</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich - (Gluten, Soya)</b> In bread Tuna <b>(Fish)</b>/Cheese <b>(Milk)</b>/Ham/ Egg mayonnaise <b>(Egg)</b> <b>Sides</b> – Rice &amp; Naan <b>Dessert</b> – Fruit crumble &amp; custard</p>
<p><b>T U E S D A Y</b></p>	<p><b>Beef Cottage Pie</b> Savoury beef mince in a rich beef gravy topped with creamy mashed potato</p> <p><b>Vegan Mince Cottage Pie</b> Vegan mince in a vegetarian gravy topped with creamy mashed potato</p>	<p><b>Jacket potato</b> with various fillings <b>Tortilla wrap (Gluten)</b> Tuna <b>(Fish)</b>/Cheese <b>(Milk)</b>/Ham/ Egg mayonnaise <b>(Egg)</b> <b>Sides</b> Peas Sweetcorn <b>Dessert</b> – Strawberry &amp; coconut sponge</p>
<p><b>W E D N E S D A Y</b></p>	<p><b>Roast Pork</b> Tender slices of roast pork served with roast potatoes and gravy.</p> <p><b>Roast fish</b> Steamed fish fillet served with roast potatoes.</p> <p><b>Quorn Fillet</b> Roasted Quorn fillet served with roast potatoes and vegetarian gravy.</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich - (Gluten, Soya)</b> In bread Tuna <b>(Fish)</b>/Cheese <b>(Milk)</b>/Ham/ Egg mayonnaise <b>(Egg)</b> <b>Sides</b> Cabbage &amp; Carrots <b>Dessert</b> - Shortbread</p>
<p><b>T H U R S D A Y</b></p>	<p><b>Toad in the Hole</b> Sausages in a mini Yorkshire pudding served with new potatoes &amp; gravy</p> <p><b>Quorn Toad in the Hole</b> Quorn sausages served in a mini Yorkshire pudding served with new potatoes &amp; vegetarian gravy</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich - (Gluten, Soya)</b> In bread Tuna <b>(Fish)</b>/Cheese <b>(Milk)</b>/Ham/ Egg mayonnaise <b>(Egg)</b> <b>Sides</b> Broccoli &amp; Cauliflower <b>Dessert</b> - Jelly</p>
<p><b>F R I D A Y</b></p>	<p><b>Katsu Curry Chicken Nuggets</b> Battered chicken breast nuggets served with vegetable rice and Katsu curry sauce</p> <p><b>Katsu Vegetable Nuggets</b> Seasoned vegetable nuggets served with vegetable rice and Katsu curry sauce</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich - (Gluten, Soya)</b> In bread Tuna <b>(Fish)</b>/Cheese <b>(Milk)</b>/Ham/ Egg mayonnaise <b>(Egg)</b> <b>Sides</b> - Peas <b>Dessert</b> – Chocolate chip cookies</p>

# Week Three

Fresh seasonal salad available daily. Fresh fruit and yoghurts available daily as an alternative to the dessert of the day. Allergy information available on request.

M O N D A Y	<p><b>Sundried Tomato Pesto Pasta</b> Spaghetti tossed in a nut free pesto sauce and cherry tomatoes</p> <p><b>Vegan Mince Bolognese</b> Spaghetti tossed in a rich vegan Bolognese sauce</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich - (Gluten, Soya)</b> In bread Tuna (<b>Fish</b>)/Cheese (<b>Milk</b>)/Ham/ Egg mayonnaise (<b>Egg</b>)</p> <p><b>Sides</b> Garlic bread &amp; salad</p> <p><b>Dessert</b> – Rice pudding with strawberry jam</p>
T U E S D A Y	<p><b>Creamy Chicken Pie</b> Chunky chicken pieces in a creamy leek sauce topped with a shortcrust pastry lid</p> <p><b>Quorn Chicken Pie</b> Quorn pieces in a creamy leek sauce topped with a shortcrust pastry lid</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich - (Gluten, Soya)</b> In bread Tuna (<b>Fish</b>)/Cheese (<b>Milk</b>)/Ham/ Egg mayonnaise (<b>Egg</b>)</p> <p><b>Sides</b> New potatoes, peas &amp; sweetcorn</p> <p><b>Dessert</b> – Old school cake (<b>Gluten, Milk, Egg</b>)</p>
W E D N E S D A Y	<p><b>Roast Beef</b> Served with roast potatoes, and gravy</p> <p><b>Roast Fish (Fish)</b> Served with roast potatoes</p> <p><b>Roast Quorn Fillets (Gluten)</b> Tender Roasted Quorn fillet served with vegetarian gravy</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich - (Gluten, Soya)</b> In bread Tuna (<b>Fish</b>)/Cheese (<b>Milk</b>)/Ham/ Egg mayonnaise (<b>Egg</b>)</p> <p><b>Sides</b> Carrots and cabbage</p> <p><b>Dessert</b> – Jelly</p>
T H U R S D A Y	<p><b>Tandoori Chicken</b> Roasted Tandoori chicken served with lemon &amp; mint cous cous, salad and Naan</p> <p><b>Sweet Potato Falafel</b> Sweet potato Falafel balls served with lemon &amp; mint cous cous, salad and Naan</p>	<p><b>Jacket potato</b> with various fillings Tortilla wrap- (<b>Gluten</b>) In bread Tuna (<b>Fish</b>)/Cheese (<b>Milk</b>)/Ham/ Egg mayonnaise (<b>Egg</b>)</p> <p><b>Sides</b>- Lemon &amp; Mint Cous Cous, salad, Indian sweet chilli &amp; Naan</p> <p><b>Dessert</b> – Mousse</p>
F R I D A Y	<p><b>Fish Fingers</b> Crispy oven baked fish fingers served with chips &amp; spaghetti loops</p> <p><b>Quorn Nuggets</b> Oven baked Quorn nuggets served with chips &amp; spaghetti loops</p>	<p><b>Jacket potato</b> with various fillings <b>Sandwich - (Gluten, Soya)</b> In bread Tuna (<b>Fish</b>)/Cheese (<b>Milk</b>)/Ham/ Egg mayonnaise (<b>Egg</b>)</p> <p><b>Sides</b>- Chips &amp; Spaghetti loops</p> <p><b>Dessert</b> –Paulines Polish cake</p>

Pear Trust