

MENU 3

18th– 22nd September, 9th– 13th October, 6th– 10th November, 27th November– 1st December, 18th– 22nd December

MONDAY

Coconut Chicken and Red Pepper Curry (Ce), Sweet Potato and Vegetable Curry (Ce), Steamed Rice, Garden Peas, Tomato and Herb Pasta (Ce), Pepperoni and Cheese Panini (M, C, So,), Jacket Potato with Tuna and Sweetcorn (F, E, may contain Mu), Jacket Potato with Baked Beans, Cheese and Tomato Pizza (C and M)

TUESDAY

Beef Burger (C, So, Su, may contain: Se) Cheeseburger (C, M, So, Su, may contain Se), Chicken Pie (C, M, E), Falafel in Pitta Bread (C), Herby Diced Potatoes (C), Sweetcorn, Cheesy Pasta Bake (C, Ce, M, E, So, Mu), Jacket Potato with Tuna and Sweetcorn (F, E, may contain Mu), Jacket Potato with Baked Beans, Cheese and Tomato Pizza (C and M)

WEDNESDAY

Roast Turkey, Chicken Burrito (C, Ce), Quorn Chilli loaded Yorkie (C, E, M, Ce), Roast Potatoes (C), Baby Carrots, Pork Sausage Roll (C, M, So, Su), Pasta Arrabbiata (C), Jacket Potato with Tuna and Sweetcorn (F, E, may contain Mu), Jacket Potato with Baked Beans, Cheese and Tomato Pizza (C and M)

THURSDAY

Jerk Chicken (C), Thai Red Vegetable Curry (Ce), Sweet Chilli and Vegetable Rice (Ce), Green Beans, Vegetarian Sausage Roll (C, So, may contain M), Macaroni Cheese (C, Ce, M, E, So, Mu), Jacket Potato with Tuna and Sweetcorn (F, E, may contain Mu), Jacket Potato with Baked Beans, Cheese and Tomato Pizza (C and M)

FRIDAY

Salmon Fishcakes (F, C, M, May contain Mu), Herby Diced Potatoes (C), Cheese and Tomato Pizza (C and M), Baked Beans

(Please read individual labels for the full ingredients and allergens list)

Salad bar, Cookies, Cakes, Jellies, and Cold Drinks

Allergies: Ce = Celery, C = Cereal, E = Egg, F = Fish, L = Lupin, M = Milk, Mo Molluscs, Mu =

Mustard, N = Nuts, P = Peanuts, S = Sesame seeds, So = Soya, Su = Sulphur dioxide

