

Week one menu



Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sausages in gravy Pork and leek sausages in onion gravy Contains allergens: Gluten	Beef Lasagne Layers of minced beef in tomato sauce, white sauce and pasta Contains allergens: Milk, Gluten	Pork Meatballs in a tomato & herb sauce Pork cooked in a tomato, onion & herb sauce Contains allergens: Gluten, Milk	Chicken Korma (GF) Diced chicken in a creamy coconut sauce Contains allergens: Milk	Cottage Pie (GF) Minced beef in herb gravy topped with mashed potato Contains allergens: Milk
Vegetarian option	Vegetarian Hotpot (GF) Quorn with haricot beans and mixed peppers in a vegetable sauce topped with sautéed potatoes Contains allergens: Egg	Chana Masala & white rice Chickpeas, onion, red peppers in tomato coriander & cumin sauce Contains allergens: Mustard	Potato, Cheese & leek bake (GF) Herby diced potato with leeks in a cheese sauce Contains allergens: Milk	Cauliflower & Broccoli pasta Pasta in a cheese sauce with cauliflower and broccoli Contains allergens: Milk, Wheat	Vegetarian cottage pie (GF) meat free mince in gravy, topped with mashed potato and Cheddar cheese Contains allergens: Egg
Side dish	Roast potatoes Sweetcorn	Green beans carrots	Mashed potato Broccoli	Yellow rice Peas	Broccoli carrots
Dessert	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding Contains allergens: Milk	Chocolate sponge & Custard (GF) A light and delicate sponge Contains allergens: Egg	Bananas & custard	Apple and Strawberry filling Stewed apple and strawberries	Plain vanilla sponge & Custard (GF) A light and delicate sponge Contains allergens: Egg

Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Penne pasta in basil & tomato sauce Simple and lovely Contains allergens: Wheat, Wheat Gluten	Sweet & Sour Chicken (GF) Chicken fillet strips with pineapple in a fruity sauce	Pasta Bolognese Penne pasta with minced beef in a rich tomato sauce Contains allergens: Wheat	Macaroni Cheese Everyone's favourite pasta in a cheesy sauce Contains allergens: Wheat, Milk	Pork Meatballs in a tomato & herb sauce Pork cooked in a tomato, onion & herb sauce Contains allergens: Gluten, Milk
Vegetarian Option		Vegetarian Hotpot (GF) Quorn, haricot beans, mixed peppers in a vegetable sauce topped with sautéed potatoes Contains allergens: Egg	Cauliflower & Broccoli pasta Pasta in a cheese sauce with cauliflower and broccoli Contains allergens: Milk, Wheat		Potato, Cheese & Leek bake (GF) Herby diced potato with leeks in a cheese sauce Contains allergens: Milk
Side dish	Green beans	White rice Peas	Sweetcorn	Broccoli	White Rice Carrots
Dessert	Jelly	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding Contains allergens: Milk	Chocolate sponge & Custard (GF) A light and delicate sponge Contains allergens: Milk	Banana & custard (GF)	Yoghurt & cookies (GF) Contains allergens: Milk, Wheat, Soya