

# Week two menu



## Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Sweet &amp; Sour Chicken (GF)</b> Chicken fillet strips with pineapple in a fruity sauce	<b>Pork Meatballs &amp; tomato &amp; herb sauce</b> Pork cooked in a tomato, onion & herb sauce Contains allergens: Gluten, Milk	<b>Sausages in gravy</b> Pork and leek sausages in onion gravy Contains allergens: Gluten	<b>Pasta Bolognese</b> Penne pasta with minced beef in a rich tomato Sauce Contains allergens: Wheat	<b>Chicken Korma (GF)</b> Diced chicken in a creamy coconut sauce Contains allergens: Milk
<b>Vegetarian option</b>	<b>Chana Masala &amp; white rice</b> Chickpeas, onion, red peppers in tomato coriander & cumin sauce Contains allergens: Mustard	<b>Potato, Cheese &amp; Leek bake (GF)</b> Herby diced potato with leeks in a cheese sauce Contains allergens: Milk	<b>Vegetarian Hotpot (GF)</b> Quorn with haricot beans, mixed peppers in a vegetable sauce topped with potatoes Contains allergens: Egg	<b>Macaroni Cheese</b> Everyone's favourite pasta in a cheesy sauce Contains allergens: Wheat, Milk	<b>Cauliflower &amp; Broccoli pasta</b> Pasta in a cheese sauce with cauliflower and broccoli Contains allergens: Milk, Wheat
<b>Side dish</b>	<b>White rice Sweetcorn</b>	<b>Roast potatoes Green beans</b>	<b>Mashed potato Carrots</b>	<b>Sweetcorn Green Beans</b>	<b>Yellow rice Peas</b>
<b>Dessert</b>	<b>Chocolate Sponge (GF) &amp; custard</b> A light & delicate sponge Contains allergens: Egg	<b>Apple and Strawberry filling</b> Stewed apple and strawberries	<b>Plain vanilla sponge &amp; Custard (GF)</b> A light and delicate sponge Contains allergens: Egg	<b>Banana &amp; custard (GF)</b>	<b>Creamy Rice Pudding (GF)</b> Chef Liam's creamy rice pudding Contains allergens: Milk

## Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Macaroni Cheese</b> Everyone's favourite pasta in a cheesy sauce Contains allergens: Wheat, Milk	<b>Margherita Pizza</b> Pizza dough base with tomato sauce grated cheddar cheese Contains allergens: Wheat, Milk	<b>Cottage pie (GF)</b> Minced beef in herb gravy topped with mashed potato Contains allergens: Milk	<b>Mince beef hotpot (GF)</b> Minced beef with onion & carrot in a rich gravy topped with potato slices	<b>Beef Lasagne</b> Layers of minced beef in tomato sauce, white sauce and pasta Contains allergens: Milk, Gluten
<b>Vegetarian Option</b>	<b>Potato, Cheese &amp; Leek bake (GF)</b> Herby diced potato with leeks in a cheese sauce Contains allergens: Milk	N/A	<b>Vegetarian cottage pie (GF)</b> Meat free mince in gravy topped with mashed potato & cheddar cheese Contains allergens: Egg	<b>Vegetarian Hotpot (GF)</b> Quorn with haricot beans, mixed peppers, vegetable sauce topped with potato slices Contains allergens: Egg	<b>Chana Masala (GF) &amp; white rice</b> Chickpeas, onion & red peppers in a tomato, coriander & cumin sauce Contains allergens: Mustard
<b>Side dish</b>	<b>Peas Sweetcorn</b>	<b>Shaped potato Baked beans</b>	<b>Carrots Broccoli</b>	<b>Green beans Sliced carrots</b>	<b>Peas</b>
<b>Dessert</b>	<b>Creamy Rice Pudding (GF)</b> Chef Liam's creamy rice pudding Contains allergens: Milk	<b>Bananas &amp; custard</b>	<b>Yoghurt (GF) &amp; cookie</b> Contains allergens: Milk, Wheat, Soya	<b>Chocolate Sponge (GF) &amp; custard</b> A light & delicate sponge Contains allergens: Milk	<b>Jelly</b>