

# Week one menu



## Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Sausages in gravy</b> Pork and leek sausages in onion gravy Contains allergens: Gluten	<b>Beef Lasagne</b> Layers of minced beef in tomato sauce, white sauce and pasta Contains allergens: Milk, Gluten	<b>Pork Meatballs in a tomato &amp; herb sauce</b> Pork cooked in a tomato, onion & herb sauce Contains allergens: Gluten, Milk	<b>Chicken Korma (GF)</b> Diced chicken in a creamy coconut sauce Contains allergens: Milk	<b>Cottage Pie (GF)</b> Minced beef in herb gravy topped with mashed potato Contains allergens: Milk
<b>Vegetarian option</b>	<b>Vegetarian Hotpot (GF)</b> Quorn with haricot beans and mixed peppers in a vegetable sauce topped with sautéed potatoes Contains allergens: Egg	<b>Cauliflower &amp; Broccoli pasta</b> Pasta in a cheese sauce with cauliflower and broccoli Contains allergens: Milk, Wheat	<b>Potato, Cheese &amp; leek bake (GF)</b> Herby diced potato with leeks in a cheese sauce Contains allergens: Milk	<b>Chana Masala</b> Chickpeas, onion, red peppers in tomato coriander & cumin sauce Contains allergens: Mustard	<b>Vegetarian cottage pie (GF)</b> Meat free mince in gravy topped with mashed potato & cheddar cheese Contains allergens: Egg
<b>Side dish</b>	<b>Roast potatoes</b> <b>Broccoli</b>	<b>Green beans</b>	<b>Mashed potato</b> <b>Sweetcorn</b>	<b>Yellow rice</b> <b>Peas</b>	<b>Broccoli</b> <b>Carrots</b>
<b>Dessert</b>	<b>Creamy Rice Pudding (GF)</b> Contains allergens: Milk	<b>Bananas &amp; custard (GF)</b>	<b>Lemon Slices</b> Contains allergens: wheat, egg, milk	<b>Chocolate sponge &amp; Custard (GF)</b> A light and delicate sponge Contains allergens: Egg	<b>Jam tart</b> Crisp, sweet pastry filled with apricot, raspberry and blackcurrant jams. Contains allergens: Ground almonds

## Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Cheesy Pasta with Grated Cheese</b> Contains allergens: Wheat, Milk	<b>Fish Fingers</b>	<b>Pasta Bolognaise</b> Penne pasta with minced beef in a rich tomato sauce Contains allergens: Wheat	<b>Ham</b>	<b>Pork Meatballs in a tomato &amp; herb sauce</b> Pork cooked in a tomato, onion & herb sauce Contains allergens: Gluten, Milk
<b>Vegetarian Option</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>Potato, Cheese &amp; Leek bake (GF)</b> Herby diced potato with leeks in a cheese sauce Contains allergens: Milk
<b>Side dish</b>	<b>Sweetcorn</b>	<b>Shaped potato</b> <b>Peas</b>	<b>Broccoli</b>	<b>Chips</b> <b>Baked beans</b>	<b>White Rice</b> <b>Green beans</b>
<b>Dessert</b>	<b>Mini Gingerbread Person</b>	<b>Chocolate sponge &amp; Custard (GF)</b> A light and delicate sponge Contains allergens: Egg	<b>Yoghurt &amp; biscuit</b>	<b>Chocolate Mini Roll</b>	<b>Bananas &amp; custard (GF)</b>