

# 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>Plant-Based Shepherd's Pie</b> Lentils, carrot, onion and swede in a tomato, garlic and herb sauce, topped with potato, sweet potato and carrot mash and a parsley crumb Contains allergens: Wheat, Mustard, Soya	<b>Vegetable Lasagne</b> A vibrant mix of peppers, courgettes, and mushrooms in a tasty tomato sauce, topped with cheese. 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>Vegetable Pie</b> A rich shortcrust pastry pie filled with mixed vegetables and potatoes in a cheddar cheese sauce. Contains allergens: Wheat, Milk, 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 Broccoli</b>	<b>Green beans</b>	<b>Mashed potato Sweetcorn</b>	<b>Yellow rice Peas</b>	<b>Broccoli Carrots</b>
<b>Dessert</b>	<b>Flapjacks &amp; Fruit</b> Contains allergens: Oats, Milk	<b>Bananas &amp; custard (GF)</b>	<b>Bakewell Tart</b> A pastry case filled with layers of almond sponge and raspberry, plum and apple jam. Contains allergens: Wheat, Egg	<b>Chocolate sponge &amp; Custard (GF)</b> A light and delicate sponge Contains allergens: Egg	<b>Fruit &amp; Ice Cream</b> Contains allergens: Milk

## Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Cumberland Pie</b> Savoury minced beef and a mix of carrots and onion cooked in a rich gravy, topped with fluffy mashed potato and golden cheese crumbs. Contains allergens: Wheat, milk	<b>Cooked Sausages</b> Tasty pork sausages Contains allergens: Wheat, Wheat gluten	<b>Pasta Bolognese</b> Penne pasta with minced beef in a rich tomato sauce Contains allergens: Wheat	<b>Fish Fingers</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>Cheddar &amp; Onion Quiche</b> Contains allergens: Wheat, Milk, Egg	<b>Vegan Sausages</b> Contains allergens: Wheat	<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>Baby potatoes Sweetcorn</b>	<b>Chips Baked Beans</b>	<b>Green beans</b>	<b>Potato Shapes Peas</b>	<b>Pasta Green Beans</b>
<b>Dessert</b>	<b>Apple &amp; Biscuit</b>	<b>Chocolate sponge &amp; Custard (GF)</b> A light and delicate sponge Contains allergens: Egg	<b>Fruit Bars</b>	<b>Yoghurt &amp; Biscuit</b>	<b>Angel Cake</b>