

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) & Carrots 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 & cheddar cheese Contains allergens: Egg
Side dish	Roast potatoes Broccoli	Green beans	Mashed potato Sweetcorn	Yellow rice Peas	Broccoli Carrots
Dessert	Creamy Rice Pudding (GF) Chef Liam's creamy rice pudding Contains allergens: Milk	Jam tart Crisp, sweet pastry filled with apricot, raspberry and blackcurrant jams. Contains allergens: Ground almonds	Bananas & custard (GF)	Apple Crumble (V) Bramley apple with a crunchy crumble topping Contains allergens: wheat, oats	Chocolate 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	Margherita Pizza Pizza dough base with tomato sauce grated cheddar cheese Contains allergens: Wheat, Milk	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			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	Sweetcorn	Shaped potato Baked beans	Green beans	Broccoli	White Rice Peas
Dessert	Banana & custard (GF)	Chocolate sponge & Custard (GF) A light and delicate sponge Contains allergens: Egg	Fruit & Ice cream	Yoghurt & biscuit (GF)	Lemon slice with custard Lemon sponge cake and filling with an iced topping Contains allergens: Wheat, Egg, milk