Weeks commencing: 21st April, 12th May, 2nd June, 23rd June, 14th July

# Monday

- 1. Chicken Tikka Masala, Naan Bread (GLUTEN WHEAT), Wholegrain Rice, Green Beans.
- V. Sweet Potato and Red Pepper Tikka Masala, Naan Bread (GLUTEN-WHEAT), Wholegrain Rice and Green Beans.
- 2. Ham Salad Sandwich (GLUTEN-WHEAT, RYE, BARLEY, OATS), Nachos and Raisins
  - A. Ice Cream Pot (MILK)
  - B. Fresh Fruit

### Thursday

1. All Day Breakfast

Pork Sausage (GLUTEN – WHEAT, SULPHITES), Hash Brown, Baked Beans, Roasted Tomato and Bread (GLUTEN – WHEAT, RYE, BARLEY, OATS)

- V. Vegan All Day Breakfast Quorn Vegan Sausage (GLUTEN – WHEAT), Hash Brown, Baked Beans, Roasted Tomato and Bread GLUTEN – WHEAT, RYE, BARLEY, OATS)
- 2. Jacket Potato, Baked Beans, Cheese (MILK) and Mixed Salad
  - A. Fruit Jelly
  - B. Fresh Fruit

#### Tuesday

- 1. Beef Lasagne (MILK, GLUTEN-WHEAT, EGG)
  Crusty Bread (GLUTEN-WHEAT), Peas
- V. Quorn mince lasagne(MILK, GLUTEN-WHEAT, EGG), Crusty Bread[GLUTEN\_WHEAT] and Peas.
- 2. Jacket Potato, Baked Beans and Mixed Salad
  - A. Chocolate Cornflake Cake (GLUTEN-WHEAT, RYE, OATS, BARLEY) with Orange Slices
  - B. Fresh Fruit

#### Friday

- 1. Salmon Fish Cake (GLUTEN WHEAT), Chips, Peas and Ketchup.
- V. Vegan Fishless Fingers (GLUTEN WHEAT), Chips, Peas and Ketchup.
- 2. Cheese Ploughman's.
  Cheddar Cheese (MILK), Boiled Egg (EGG), Crusty
  Bread (GLUTEN WHEAT), Tomato Chutney
  (MUSTARD) and Mixed Salad.
  - A. Crunchy Vanilla Cookie (GLUTEN WHEAT) & Fruit Slice
  - B. Fresh Fruit

## Wednesday

- 1.Roast Chicken, Mashed Potatoes, Seasonal Vegetables and Gravy.
- V. Cheese and Onion Slice (GLUTEN WHEAT, MILK), Mashed Potatoes and Seasonal Vegetables and Gravy.
- 2. Tuna Mayo and Cucumber Baguette (GLUTEN WHEAT, FISH), Nachos and Raisins.
  - A. Lemon and Blueberry Drizzle Cake (GLUTEN WHEAT, EGGS)
  - B. Fresh Fruit

Yogurt (MILK) and Bread (GLUTEN – WHEAT, RYE, BARLEY, OATS) available Daily Weeks commencing: 28<sup>th</sup> April, 19<sup>th</sup> May, 9<sup>th</sup> June, 30<sup>th</sup> June, 21<sup>st</sup> July

Monday	Thursday
1. Sweet and Sour Chicken& Rice Noodles with Broccoli  V. Sweet and Sour Vegan Quorn (GLUTEN – WHEAT) Rice Noodles with Broccoli  2. Jacket Potato, Cheese (MILK) and Mixed Salad.  1. Frozen Fruity Mousse (MILK)  2. Fresh Fruit	1. Pork Sausage (GLUTEN – WHEAT, SULPHITES), Potato Croquettes (GLUTEN – WHEAT) and Baked Beans.  V. Quorn Vegan Sausage (GLUTEN – WHEAT), Potato Croquettes (GLUTEN – WHEAT) and Baked Beans.  2. Cucumber and Red Pepper Pesto Pasta (GLUTEN – WHEAT) served with Crusty Bread (GLUTEN – WHEAT)  A. Peach Melba Waffle (GLUTEN – WHEAT, MILK, EGG, SOYA) B. Fresh Fruit
Tuesday	Friday
<ol> <li>Mild Beef Chilli, Wholegrain Rice and Green Beans.</li> <li>Mild Vegan Chilli (EGG), Wholegrain Rice and Green Beans</li> <li>Tuna Mayo Brown Bread Sandwich (GLUTEN – WHEAT, OATS, BARLEY, RYE, FISH), Nachos, Raisins.</li> <li>A. Apple Crumble (GLUTEN – WHEAT, OATS, BARLEY) and Cream (MILK)</li> <li>B. Fresh Fruit</li> </ol>	1.Breaded White Fish (GLUTEN – WHEAT, BARLEY, FISH), Chips, Peas and Ketchup.  V. Plant based Wings (GLUTEN – WHEAT, SOYA), Chips, Peas and Ketchup.  2.Ham and Egg Salad. Gammon Ham, Boiled Egg (EGG), Potato Salad, Mixed Salad and Crackers (GLUTEN – WHEAT)  A. Cherry Shortbread (GLUTEN – WHEAT, SULPHITES)  B. Fresh Fruit
Wednesday  1. Roast Chicken, Roast Potatoes, Seasonal Vegetables and Gravy.  V. Cauliflower Cheese, (GLUTEN – WHEAT, MILK), Roast Potatoes, Seasonal Vegetables and Gravy.  2. Jacket Potato, Baked Beans and Mixed Salad.  1. Chocolate and Beetroot Brownie (GLUTEN – WHEAT, EGG)  2. Fresh Fruit	

### Monday

1. Chicken Burger (GLUTEN – WHEAT), Sauteed Potatoes and Cucumber Sticks.

V Vegan Burger (Quorn Vegan Buttermilk Style) (GLUTEN – WHEAT,] Saute Potatoes and Cucumber Sticks.

- 2. Cheese and Cucumber Wrap (GLUTEN WHEAT, MILK), Nachos and Raisins.
  - A. Frozen Raspberry Yogurt (MILK)
  - B. Fresh Fruit

## Thursday

- 1. Hawaiian Pizza (GLUTEN WHEAT, SOYA, MILK, EGG), Sweetcorn and Mixed Salad
- V. Margherita Pizza (GLUTEN WHEAT, SOYA, MILK, EGG), Sweetcorn and Mixed Salad.
- 2. Egg Mayo and Cress Brown Bread Sandwich (GLUTEN WHEAT, BARLEY, OATS, RYE, EGG), Nachos and Raisins.
  - A. Chocolate and Banana Cake (GLUTEN WHEAT, EGGS)
  - B. Fresh Fruit

#### Tuesday

- 1.Pork Meatballs (GLUTEN WHEAT), Wholewheat Fusilli Pasta (GLUTEN WHEAT) and Peas.
- V. Meatless Meatballs (SOYA,) Wholewheat Fusilli Pasta (GLUTEN WHEAT) and Peas.
- 2.Coronation Chicken and lettuce wrap (GLUTEN WHEAT) with and Raisins and nachos
  - A. Angel Delight (MILK) with Fruit Slices
  - B. Fresh Fruit

#### Friday

- 1. Cod Fish Fingers GLUTEN WHEAT, FISH), Chips, Baked Beans and Ketchup.
- V. Vegan Quorn Nuggets (GLUTEN WHEAT), Chips, Baked Beans and Ketchup.
- 2. Jacket Potato, Cheese (MILK), Baked Beans and Salad.
  - A. Apple Flapjack (GLUTEN WHEAT, OATS, BARLEY)
  - B. Fresh Fruit

## Wednesday

- 1. Roast Gammon, New Potatoes, Seasonal Vegetables and Gravy.
- V. Vegan Quorn Fillet (GLUTEN WHEAT), New Potatoes, Seasonal Vegetables and Gravy.
- 2. Jacket Potato, Baked Beans and Mixed Salad.
  - A. Blueberry Cupcakes (GLUTEN- WHEAT, EGGS)
  - B. Fresh Fruit