

Week Commencing: 13 Jan, 10 Feb, 10 March

Menu

Week 2

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

Mains

HAPPY TUMS

MON	TUES	WED	THU	FRI
Smoky Chilli Con Carne with Crushed Tortillas	Butchers Chicken Sausages with Onion Gravy (G,Su)	Chicken Tikka Masala with Mango Chutney	Thyme Roast Chicken	Battered Fish with Tartare Sauce and Lemon (G,F,E)

Veggie

MEAT FREE

Vegan Smoky Veggie Chilli	Grilled Vegan Sausages with Onion Gravy	Paneer Tikka Masala with Mango Chutney	Beetroot and Squash Wellington (G,So)	Vegetable Spring Roll With Sweet and Sour Sauce (G,So)
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Veg

EXTRA GOOD

Sweetcorn	Green beans	Onion Salad	Cauliflower	Garden Peas
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Carbs

EXTRA FILLING

Rice	Mashed Potatoes (Mk)	Rice	Roast Potatoes	Chips
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Dessert

SWEET TREAT

Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)	Fresh Fruit or Yoghurt (Mk)
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Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.



BUTTERNUT SQUASH
September



CARROTS
October



APPLES
November



CAULIFLOWER
December

Dates
Insert dates here

Allergens

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide