






Week Commencing: 20 Jan, 17 Feb, 17 March

Week 3 Menu

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS 	Turkey and Leek Pie with Puff Pastry (G,Mk)	Mexican Beef	Thai Red Chicken Curry	Classic Italian Beef Bolognese (G)	Battered Fish with Tartare Sauce and Lemon (G,F,E)
Veggie MEAT FREE 	Baked Mac and Cheese with Crunchy Topping (G,So,Mk)	Slow Cooked Veggies	Vegan Chakalaka (Soweto Chilli)	Veggie Bolognese (So,G)	Cheese and Onion Turnover (G,Mk,E)
Veg  EXTRA GOOD	Broccoli	Mixed Salad	Tangy Bean Salad	Chef's Salad	Garden Peas
Carbs  EXTRA FILLING		Potato Wedges	Fragrant Yellow Rice	Spaghetti (G)	Chips
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)

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