

Week Commencing: 20 Jan, 17 Feb, 17 March

Week 4 Menu

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

	MON	TUES	WED	THU	FRI
Mains HAPPY TUMS	Sweet and Sour Stir Fried Chicken (G)	BBQ Turkey Open Burrito (G,Mu,Mk)	Slow Roast Chicken Thigh with Stuffing and Roast Gravy (G)	Quarter Pound Beef Burger in a Bun (G,Se,Su)	Battered Fish with Tartare Sauce and Lemon (G,F,E)
Veggie MEAT FREE	Honey and Mustard Oriental Sweet and Sour Vegetables (G, So)	BBQ Quorn and Vegetable Burrito (G,Mu,Mk,E)	Vegan Winter Root Vegetable and Mixed Bean Filo Parcel (G)	Vegan Falafel Burger in a Bun (G,Se,Su)	Wholemeal Macaroni Cheese with Leeks and Cheddar (G,Mk)
Veg EXTRA GOOD	Sweetcorn	Chef's Salad	Roast Carrots	Cajun Corn (Mu)	Garden Peas
Carbs EXTRA FILLING	Egg Noodles (G,E)	Rice	Roast Potatoes	Paprika Roasted New Potatoes	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