

SPRING MENU

Week 3



MON

TUE

WED

THU

FRI

Protein
fresh flavours

Chicken korma
(Mk,Mu)

Farm assured pork
sausage
(G,Su)

Italian beef bolognaise
with pasta
(G)

Chicken stir fry
(G,So)

Breaded cod fish
finger
(G,F)

Veggie
meat free feasts

Vegetable korma
(Mk,Mu)

Vegetarian sausage roll
(G,Mk,E)

Veggie mince bolognaise
with pasta
(G,E)

Vegetable stir fry
(G,So)

Vegetable, pesto &
cheese frittata
(Mk,E)

Sides
fuel

Rice

Mash
(Mk)

Garlic bread
(G,Mk,So)

Noodles
(G,E)

Oven baked chips

Veg
extra goodness

Sweetcorn

Baked beans

Broccoli

Carrots

Garden peas

Pudding
sweet treat

Chocolate brownie
(G,Mk,E)

Red velvet
sponge
(G,Mk,E)

Cookie of the
day
(G,Mk,E,So)

Victoria
sponge
(G,Mk,E)

Chocolate cake
(G,Mk,E)

*Ce = Celery
Cr = Crustacean
E = Eggs*

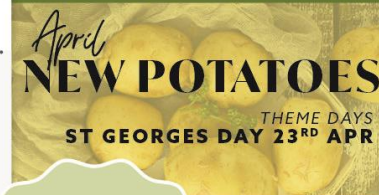
*F = Fish
G = Cereals
containing Gluten*

*L = Lupin
Mk = Milk
Mo = Molluses*

*Mu = Mustard
N = Nuts
P = Peanuts*

*Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide*

**well
seasoned.**
perfectly picked ingredients, cooked from scratch



Week 3 commencing:
18th Jan, 8th Feb,
8th March