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This week's treats...



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
the MAIN event	Chilli con Carne with rice (G)	Creamy chicken and mushroom pasta (M, S, G)	Fish Pie (M, S)	Turkey and veg stew with rice (G)	Spaghetti bolognese (G)
sweet treats	Fruit scone with butter (G, M, S, SD)	Cherry shortbread (M, S, G)	Iced sponge (G, M, S, E)	Bananas and custard (M, S)	Oaty apple crumble and custard (M, S, G)
the BIG one	Baked bean lasagne (M, S, G)	Jacket potato with tuna and sweetcorn (E, F)	Assorted Sandwiches with Veg Sticks (M, S, G, F, E)	Cauliflower and ham bake (M, S, G)	Cheesy garlic pizza with veg sticks (G, M, S)
and something to finish	Selection of fruit or yogurt (m)	Selection of fruit or yogurt (m)	Selection of fruit or yogurt (m)	Selection of fruit or yogurt (m)	Selection of fruit or yogurt (m)

KEY:	S = Soya	F = Fish	N = Nuts	G = Gluten/Wheat
M = Milk	L = Lupin	P = Peanuts	Cr = Crustaceans	Mo = Molluscs
SD = Sulphur dioxide	SS = Sesame seeds	E = Egg	Mu = Mustard	C = Celery

All allergies and preferences catered for. Please ask to speak to Susan



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This week's treats...



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
the MAIN event	Turkey and veg casserole with cous cous	Spicy meatballs with rice	Cowboy pie (M, S)	Fish and broccoli morney with pasta shapes (G, M, S)	Lamb moussaka (M, S, G)
sweet treats	Pears and chocolate custard (M, S)	Ginger biscuits (G, M, S)	Eve's pudding with custard (G, M, S, E)	Fruit flapjack (G, SD, M, S)	Fruit jelly with cream (M)
the BIG one	Pepper pizza with veg sticks (G, M, S)	Assorted Sandwiches with Veg Sticks (M, S, G, F, E)	Ham and mushroom pasta (G)	Jacket potato with beans	Herby spaghetti with fresh bread (G)
and something to finish	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)

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This week's treats...



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
the MAIN event	Pork sausage and veg pasta (G)	Minced beef, potato and veg pie (G, M, S)	Vegetable lasagne (M, S, G)	Shepherd's pie (M, S)	Chicken and veg curry with rice (G)
sweet treats	Rice pudding with sultanas (M, S, SD)	Banana cake (E, G, M, S)	Pineapple and ice cream (M, S)	Cornflake tart with custard (M, S, G)	Choc chip cookie (M, S, G)
the BIG one	Jacket potato with grated cheese (M, S)	Macaroni cheese (M, S, G)	Tuna fish cakes with baked beans (F, M, S)	Cheese and tomato pizza with cucumber sticks (G, M, S)	Assorted Sandwiches with Veg Sticks (M, S, G, F, E)
and something to finish	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)

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