

# Menu

## Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

**Mains**  
HAPPY TUMS

Cream cheese, red onion and spinach pasta bake (G,Mk)

Chicken hot dog (G,Su)



Beef bolognaise



**Veggie**  
MEAT FREE

Five bean chilli (E,Ce,Su)

Vegetarian sausage hot dog (G,So)

Soya Mince and lentil Bolognaise (So,G)

**veg**  
EXTRA GOOD

Carrots

Sweetcorn

Broccoli

Garden peas

Baked beans

Leeks

**Carbs**  
FUEL FOOD

Steamed rice

Baked potato wedges

Penne pasta (G)  
Garlic bread (G,So,Mk)

**Dessert**  
SOMETHING SWEET

Beetroot & chocolate cake (G,Mk,E)

Orange and turmeric loaf cake (G,Mk,E)

Fresh fruit salad

Breaded fish fillet (G,F)

Vegetarian sausage roll (G,Mk,E)

Baked Beans

Garden peas

Baked Oven chips

Chocolate and vanilla marble cake (Mk,E,G)

CHRISTMAS LUNCH

Jacket Potatoes served on Tuesdays, salad bar, cold desserts and fresh fruit available daily.

DATES

13th Dec

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



SEPTEMBER  
SWEETCORN

8th - American Day

OCTOBER  
APPLES

6th - German Day

NOVEMBER  
BUTTERNUT

5th - Bonfire Night

DECEMBER  
CELERIAC

1st - 16th  
12 Days of Christmas

