

## Summer Menu

Monday		
LUNCH	Chicken and Spinach Korma served with Rice, Naan Bread and Cucumber sticks	WHEAT - GLUTEN
VEGETARIAN LUNCH	Mixed Vegetable Curry served with Rice, Naan Bread and Cucumber sticks	WHEAT - GLUTEN
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Trio of Melon	N/A
Tuesday		
LUNCH	Butchers Pork Sausage served with Mash Potato, Onion Gravy and Vegetables	GLUTEN - WHEAT- SULPHITES
VEGETARIAN LUNCH	Veggie Sausage served with Mash Potato, Onion Gravy and Vegetables	N/A
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Fruit Salad	N/A
Wednesday		
LUNCH	Creamy Chicken Alfredo served with Pasta, Broccoli and Garlic Bread	MILK- MUSTARD - GLUTEN- WHEAT
VEGETARIAN LUNCH	Mushroom Alfredo served with Broccoli & Garlic Bread	GLUTEN - SOYA - MUSTARD
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Homemade Flapjack	N/A
Thursday		
LUNCH	Beef Meat Balls in a Rich Tomato Sauce Served with Pasta and Green Beans	GLUTEN- WHEAT-SULPHITES
VEGETARIAN LUNCH	Vegetarian Meat Balls in a Rich Tomato Sauce served with Pasta and Green Beans	WHEAT - GLUTEN- BARLEY
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Mixed Berry Mousse	MILK
Friday		
LUNCH	Fish Goujons served with Potato Wedges and Garden Peas	FISH - GLUTEN - WHEAT
VEGETARIAN LUNCH	Vegetarian Fish Fingers served with Potato Wedges and Garden Peas	WHEAT - GLUTEN
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Mixed Yoghurt Selection	MILK
<b>WEEK 1</b>		

Monday		
LUNCH	Sweet and Sour Chicken Balls served with Rice and Sweetcorn	WHEAT- GLUTEN - CELERY- SOYA
VEGETARIAN LUNCH	Sweet and Sour Quorn Balls served with Rice and Sweetcorn	WHEAT - GLUTEN
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Ice Cream	MILK
Tuesday		
LUNCH	Chicken Escalope's served with Potato Wedges and Coleslaw	GLUTEN, MUSTARD
VEGETARIAN LUNCH	Quorn Escalope's served with Potato Wedges and Coleslaw	SOYA - GLUTEN - MUSTARD
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Chocolate Sponge served with Custard	EGGS - GLUTEN - SOYA - MILK
Wednesday		
LUNCH	Turkey Roast, served with Crispy Roast Potatoes, Vegetables and Gravy	N/A
VEGETARIAN LUNCH	Stuffed Pepper, served with Crispy Roast Potatoes, Vegetables and Gravy	GLUTEN
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Fruit Salad	N/A
Thursday		
LUNCH	Homemade Pasta Bolognese served with Peas	WHEAT - GLUTEN
VEGETARIAN LUNCH	Vegan Bolognese served with Peas	WHEAT - GLUTEN
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Mixed Yoghurt Selection	MILK
Friday		
LUNCH	Steamed Fish served with a Creamy Tomato Herb Sauce, Potato and Peas	FISH - MILK
VEGETARIAN LUNCH	Vegan 'Fish' served with a Creamy Tomato Herb Sauce, Potatoes and Peas	GLUTEN - WHEAT- MILK
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Eton Mess	EGGS - MILK
<b>WEEK 2</b>		

Monday		
LUNCH	Smokey Cheesy Bacon Pasta served with Green Beans and Garlic Bread	WHEAT-GLUTEN-MILK
VEGETARIAN LUNCH	Cheesy Pasta served with Green Beans and Garlic Bread	GLUTEN.SOYA.MILK
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Trio of Melon	
Tuesday		
LUNCH	Home Made Beef Lasagne served with Sweetcorn and Garlic Bread	GLUTEN, MILK, SOYA.
VEGETARIAN LUNCH	Homemade Vegetable Lasagne served with Sweetcorn and Garlic Bread	GLUTEN . MILK
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Fruit Salad	N/A
Wednesday		
LUNCH	Chicken Burgers served with Crispy Wedges and Homemade Coleslaw	GLUTEN.SOYA.EGG.MILK.MUSTARD
VEGETARIAN LUNCH	Veggie Burgers served with Crispy Chips and Homemade Coleslaw	GLUTEN. MUSTARD
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Banana and Custard	MILK
Thursday		
LUNCH	Mexican Chilli Con Carne Served with Fluffy Rice and Tacos	N/A
VEGETARIAN LUNCH	Vegetarian Chilli 'Non' Carne Served with Fluffy Rice and Tacos	GLUTEN
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Ice Cream	MILK
Friday		
LUNCH	Jumbo Fish Fingers served with Crispy Chips and Baked Beans	FISH
VEGETARIAN LUNCH	Jumbo Veggie Fingers served with Crispy Chips and Baked Beans	GLUTEN
ALTERNATIVE	Tomato and Basil Pasta or Jacket Potato served with Cheese, Beans or Tuna	WHEAT-GLUTEN - MILK- FISH. MUSTARD
DESSERT	Pineapple Upside-down Cake served with Custard	SULPHITES, GLUTEN, EGGS.SOYBEAN.MILK
<b>WEEK 3</b>		