

[WEEKLY MENU]



Week 3

Weeks Commencing: Mon 16th Sept - Mon 7th Oct - Mon 4th Nov - Mon 25th Nov - Mon 16th Dec



Main Dish of the Day

Vegetarian Dish of the Day

Vegetable Choice

Dessert of the Day

Jacket Potato Bar

Cold Selection

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chicken Burger in a Bun (G)	Meaty Pizza (G, MK)	Roast Beef, Yorkshire Pudding & Roast Gray (E, G, MK, SO)	Chicken Noodle Stir Fry (E, G, SO)	Baked Battered Fish with Tomato Ketchup (F, G)
Vegetarian Dish of the Day	Vegetable Burger in a Bun (G)	Margherita Pizza (G, MK)	Lentil & Spinach Strudel with Tomato Sauce (E, G, MK)	Hoi Sin & Vegetable Stir Fry Noodles (E, G, SO)	Cheesy Pasta Bake (G, MK)
Vegetable Choice	Seasoned Potato Wedges (G) Baked Beans (SU) Sweetcorn	Diced Herby Potatoes Carrots & Peas	Baby Roast Potatoes Savoy Cabbage Cauliflower	Steamed Rice Sweetcorn Broccoli	Chipped Potatoes Baked Beans (SU) Seasonal Vegetables
Dessert of the Day	Chocolate & Beetroot Brownie with Chocolate Sauce (E, G, MK) Fresh Fruit Salad	Cherry Tray Bake & Whipped Cream (E, G, MK) Fresh Fruit Salad	Granola Cereal Bar (G) Fresh Fruit Salad	Jam & Coconut Sponge with Vanilla Sauce (E, G, MK) Fresh Fruit Salad	Strawberry Mousse with Choc Chip Cookie (E, G, MK)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Help Yourself Salad Bar Home Baked Breads Fresh Fruit	Help Yourself Salad Bar Home Baked Breads Fresh Fruit	Help Yourself Salad Bar Home Baked Breads Fresh Fruit	Help Yourself Salad Bar Home Baked Breads Fresh Fruit	Help Yourself Salad Bar Home Baked Breads Fresh Fruit

Allergens:

CE= Celery E = Eggs F = Fish G = Gluten MK = Milk MU = Mustard SO = Soya SU= Sulphates

Monks Orchard

