

WEEK 1

All our meals are freshly homemade on site each day by our Chef.

*Not homemade

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Tomato & Basil Sauce made with tomatoes, carrots, sweet potato, garlic, fresh basil and onions. Allergens NONE	Wholemeal Cheese & Tomato Pizza topped with a freshly made pizza sauce. Allergens GLUTEN and MILK	Beef or Chicken Bolognaise with tomatoes, carrots, sweet potato, onion and garlic stock. Allergens NONE	Mild Coconut Chicken Curry made with chicken breast strips, butternut squash, carrot, sweet potato, coconut milk and mango. Allergens NONE	100% Cod Fillet Fish Fingers* Allergens FISH and GLUTEN
VEGETARIAN	Tomato & Basil Sauce made with tomatoes, carrots, sweet potato, garlic, fresh basil and onions. Allergens NONE	Wholemeal Cheese & Tomato Pizza topped with a freshly made pizza sauce. Allergens GLUTEN and MILK	Whole Green Lentil Bolognaise with green lentils, tomatoes, carrots, sweet potato, oregano and basil. Allergens NONE	Chickpea & Butternut Squash Coconut Curry made with butternut squash, chickpeas, sweet potato, carrot, coconut milk and mango. Allergens NONE	Macaroni & Cheese made with cheddar cheese and whole milk. Allergens GLUTEN, MILK and MUSTARD
SIDE*	Wholemeal Pasta Allergens GLUTEN Sweetcorn Kernels Parmesan Allergens MILK and EGG	Flamande (Peas and carrots) Allergens NONE	Wholemeal Pasta Allergens GLUTEN Mixed Steamed Vegetables Parmesan Allergens MILK and EGG	Steamed White Rice Steamed Broccoli	Oven Baked Chips* Heinz Baked Beans* (reduced salt & sugar)
DESSERT	Veggie Muffin Cake made with carrots, courgettes and sweetcorn. Allergens GLUTEN and EGG	Greek Yoghurt* With Fresh Mango Puree Allergens MILK	Peaches* and Custard (reduced sugar) Allergens MILK	Sultana and Apple Oat Squares made with apples, oats and honey Allergens GLUTEN and EGG	Homemade Cake Chef's Special Bake Allergens GLUTEN and EGG
OTHER*	Wholemeal Bread Allergens GLUTEN Chopped Fresh Fruit				