

# WEEK 2

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

\*Not homemade

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Neapolitan Sauce made with tomato, onion, carrot, basil, oregano and garlic. <b>Allergens NONE</b>	Breaded Chicken Tenders with herbs and spices tossed in breadcrumbs. <b>Allergens GLUTEN</b>	Rice Gnocchi with Beef or Chicken Bolognaise  A freshly made tomato sauce and parmesan cheese <b>Allergens EGG and MILK</b>	Marinated Chicken in soy, ginger and honey  <b>Allergens SOY and GLUTEN</b>	100% Cod Fillet Fish Fingers* <b>Allergens FISH GLUTEN</b>
VEGETARIAN	Neapolitan Sauce made with tomato, onion, carrot, basil, oregano and garlic. <b>Allergens NONE</b>	Falafel made with chickpeas, onion, herbs and spices. <b>Allergens NONE</b>	Rice Gnocchi in Tomato Sauce  A freshly made tomato sauce with cannellini beans, spinach and parmesan cheese. <b>Allergens NONE</b>	Vegetable Nuggets  Assorted vegetables, dairy free cheese and breadcrumbs <b>Allergens GLUTEN</b>	Macaroni Cheese made with cheddar cheese, whole milk and mustard. <b>Allergens GLUTEN, MILK and MUSTARD</b>
SIDE*	Wholemeal Pasta <b>Allergens GLUTEN</b>  Sweetcorn Kernels  Parmesan <b>Allergens MILK and EGG</b>	Tortilla Wrap <b>Allergens GLUTEN</b>  Mixed Salad with cucumber, tomatoes, sweetcorn and carrots.  Charlotte Potatoes	Fresh Green Beans	Cous Cous <b>Allergens GLUTEN</b>  Steamed Broccoli	Oven Baked Chips*  Heinz Baked Beans* (reduced salt & sugar)
DESSERT	Apple Crumble and Custard (reduced sugar) made with apples, cinnamon and an oatly topping. <b>Allergens GLUTEN and MILK</b>	Greek Yoghurt* and Raspberry Compote <b>Allergens MILK</b>	Blueberry Fool Made with blueberries, cream* and Greek yoghurt*. <b>Allergens MILK</b>	Apricot & Coconut Slice <b>Allergens GLUTEN and EGG</b>	Homemade Cake  Chef's Special Bake  <b>Allergens GLUTEN and EGG</b>
OTHER*	Wholemeal Bread <b>Allergens GLUTEN</b>  Chopped Fresh Fruit				