

# WEEK 3

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

\*Not homemade

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Hidden Vegetables Sauce made with tomatoes, fennel, sweet potato, courgette, carrot, peppers, garlic and basil. <b>Allergens NONE</b>	Minced Lamb Stew made in gravy, sweet potato, carrots, onion, butternut squash and potatoes. <b>Allergens NONE</b>	Homemade Chicken Breast Schnitzel made with 50/50 breadcrumbs <b>Allergen GLUTEN</b>	100% Beef Burger fresh from the butcher <b>Allergen GLUTEN</b>	100% Cod Fillet Fish Fingers* <b>Allergens FISH and GLUTEN</b>
VEGETARIAN	Hidden Vegetables Sauce made with tomatoes, fennel, sweet potato, courgette, carrot, peppers, garlic and basil. <b>Allergens NONE</b>	Bean & Fresh Vegetable Stew made with carrots, onions, butternut squash, potatoes and assorted beans <b>Allergens NONE</b>	Vegetable Patty made with potatoes, carrot, onion, sweet potato, sweetcorn and peas. <b>Allergens GLUTEN and MILK</b>	Lentil Burger Red lentils Quinoa chai seeds oats onion seasoning herbs <b>Allergens GLUTEN</b>	Macaroni Cheese made with cheddar cheese, whole milk and mustard. <b>Allergens GLUTEN, MILK and MUSTARD</b>
SIDE*	Wholewheat Pasta <b>Allergen GLUTEN</b>  Sweetcorn  Parmesan <b>Allergen MILK EGG</b>	Steamed Green  Cabbage	Potato Waffle  Mixed Vegetables	Charlotte Potatoes  Steamed Broccoli	Oven Baked Chips*  Heinz Baked Beans* (reduced salt & sugar)
DESSERT	Homemade Apple & Banana Cake (reduced sugar) <b>Allergens GLUTEN and EGG</b>	Greek Yoghurt* with Strawberry Puree <b>Allergens MILK</b>	Homemade Creamy Rice Pudding with nutmeg <b>Allergens MILK</b>	Chargrilled Pineapple served with Greek Yoghurt* and honey* <b>Allergens GLUTEN and EGG</b>	Homemade Cake Chef's Special Bake <b>Allergens EGGS and GLUTEN</b>
OTHER*	Wholemeal Bread <b>Allergens GLUTEN</b>  Chopped Fresh Fruit				