Allergy information available on request







**SOI** A





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FOR BODY AND BRAIN

| MONDAY  | TUESDAY                                  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
|   |  | Main  |  |   |
| Macaroni Cheese (v)   | Chicken Sausage and<br>Mashed Potatoes   | Roast of the Day with Roast<br>Potatoes and Gravy                   | Beef Lasagne   | Fish and Chips  |
|   |  | Vegetarian  |  |   |
| Mild Chickpea Coconut<br>Curry with Rice (v)                        | Vegan Sausage and<br>Mashed Potatoes (v) | Roasted Vegetable Tart<br>with Roast Potatoes and<br>Gravy (v)      | Vegetable and Mozzarella<br>Traybake with Rice (v)                               | Cheese Toastie and Chips (v)  |
|   |  | 3rd Options   |  |   |
| Jacket Potato with<br>Baked Beans, Cheese,<br>Tuna Mayo or Coleslaw | Pasta with Lentil<br>Tomato Sauce        | Jacket Potato with<br>Baked Beans, Cheese,<br>Tuna Mayo or Coleslaw | Pasta with Lentil<br>Tomato Sauce  | Jacket Potato with<br>Baked Beans, Cheese,<br>Tuna Mayo or Coleslaw |
|   |  | Vegetables  |  |   |
| Hot Seasonal Vegetables   | Hot Seasonal Vegetables                  | Hot Seasonal Vegetables   | Hot Seasonal Vegetables  | Hot Seasonal Vegetables   |
|   |  | Dessert   |  |   |
| Vegan Sweet Potato<br>and Ginger Cake                               | Fruit Shortbread                         | Berry Crumble Traybake  | Chocolate and Beetroot Brownie   | Fruit Jelly   |
| Fruit/Yoghurt   | Fruit/Yoghurt                            | Fruit/Yoghurt   | Fruit/Yoghurt  | Fruit/Yoghurt   |
|   |  |   | esh seasonal salad and bread available   | daily. Fresh fruit and yoghurt                                      |
|   |  | Fr  | esh seasonal salad and bread available<br>available daily as an alternative to t | he dessert of the day.  |
|   | 6th Nov 27th Nov 19t                     | b Doc. 8th Jan 20th Ja  | n 19th Fob 11th Mor  | the state   |
| 6th Nov, 27th Nov, 18th Dec, 8th Jan, 29th Jan, 19th Feb, 11th Mar  |  |   |  |   |
| CMADT   |  |   |  | CERTIFIED   |
| SMARI<br>AND BRAIN  |  |   |  | SUSTAINABLE<br>SEAFOOD<br>WWW.msc.org                               |
|   |  |   |  |   |



WEEK 2

WEEK 3

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