Allergy information available on request







SOI A





Allergy information available on request

FOR BODY AND BRAIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Main		
Macaroni Cheese (v)	Chicken Sausage and Mashed Potatoes	Roast of the Day with Roast Potatoes and Gravy	Beef Lasagne	Fish and Chips
		Vegetarian		
Mild Chickpea Coconut Curry with Rice (v)	Vegan Sausage and Mashed Potatoes (v)	Roasted Vegetable Tart with Roast Potatoes and Gravy (v)	Vegetable and Mozzarella Traybake with Rice (v)	Cheese Toastie and Chips (v)
		3rd Options		
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Lentil Tomato Sauce	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Lentil Tomato Sauce	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
		Vegetables		
Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables
		Dessert		
Vegan Sweet Potato 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 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 AND BRAIN				SUSTAINABLE SEAFOOD WWW.msc.org



WEEK 2

WEEK 3

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