

Menu: January 2022

	Day	Main	Meat Free	Vegetable	Pudding
Menu 1 w/c 03.01 24.01 14.02	Monday	Chicken Curry with rice and Vegetables 6	Jacket potato with cheese, beans and vegetables 7	Two hot vegetables and a selection of fresh salad bar items are offered daily.	Fresh puddings provided daily with the option of fruit and yogurt as an alternative
	Tuesday	Burritos with vegetables 1,2,7 *	Veggie sausage puff with sliced potatoes and vegetables 1,2,9,13		
	Wednesday	Cheese and tomato pizza with wedges and vegetables 1,2,7,9 **	Roasted vegetable pasta with garlic bread and vegetables 1,2,9 *		
	Thursday	Cottage Pie with vegetables 1,9	Cheese and onion pastie with vegetables 2,7		
	Friday	Fish fingers and chips with beans or peas 2,5,6 *	Vegetable lasagna with garlic bread and vegetables 1,2,7,9		
Menu 2 w/c 10.01 31.01	Monday	Pasta Bolognese with garlic bread and vegetables 1,2,9 *	Jacket Potato with cheese and vegetables 7	Two hot vegetables and a selection of fresh salad bar items are offered daily.	Fresh puddings provided daily with the option of fruit and yogurt as an alternative
	Tuesday	Sausages with mashed potato, vegetables and gravy 1,9	Gnocchi in tomato sauce with vegetables 2,4,7		
	Wednesday	Cheese and tomato pizza with sliced potatoes and vegetables 1,2,7,9 **	Arrabbiata pasta with garlic bread and vegetables 2 *		
	Thursday	Roast chicken with roast potatoes, Yorkshire Pudding, vegetables and gravy 2,4,7 **	Veggie sausage with roast potatoes, Yorkshire Pudding, vegetables and gravy 1,2,4,6,7,9,13		
	Friday	Fish Fingers and chips with beans or peas 2,5,6 **	Cheese, tomato and spinach quesadilla with vegetables 2 **		
Menu 3 W/C 17.01 07.02	Monday	Chicken fajita with rice and vegetables 1,2,9 *	Veggie nuggets with sliced potatoes and vegetables 2,4,7	Two hot vegetables and a selection of fresh salad bar items are offered daily.	Fresh puddings provided daily with the option of fruit and yogurt as an alternative
	Tuesday	Sausage roll with mashed potato, vegetables and gravy 1,2,9,13 *	Vegetable Wellington with mashed potato, vegetables and gravy 2,6		
	Wednesday	Cheese and tomato pizza with wedges and vegetables 1,2,7,9	Tomato Pasta with Garlic Bread and Vegetables 2 *		
	Thursday	Beef lasagna with garlic bread and vegetables 1,2,7,9	Jacket potato with beans and vegetables 6		
	Friday	Fish fingers and chips with beans or peas 2,5,6 *	Veggie chilli with rice and vegetables 1,9		

Allergens: 1 – Celery, 2 – Gluten, 3 – Crustaceans, 4 – Eggs, 5 – Fish, 6 – Legume, 7 – Dairy, 8 – Molluscs, 9 – Mustard, 10 – Nuts, 11 – Peanuts, 12 – Sesame Seeds, 13 – Soya, 14 – Sulphites ***Gluten Free Options Available **Gluten Free & Dairy Free Options Available**