

# MENU - Week One

<b>Week One</b>  23/04/2019  13/05/2019  10/06/2019  01/07/2019  22/07/2019	MAIN	MONDAY Spaghetti Bolognaise	TUESDAY Sausages with mash and gravy.	WEDNESDAY Roast pork, with roast potatoes and gravy	THURSDAY Macaroni Cheese, with garlic bread.	FRIDAY Fish fingers, chips and tomato sauce.
	VEGETARIAN  GLUTEN FREE	Wholemeal pasta Neapolitan with spinach. GLUTEN FREE pasta with bolognaise sauce.	Quorn sausages with mash and gravy. Gluten free sausages, mash and gravy	Creamy vegetable pie, roast potatoes and gravy. GLUTEN FREE, roast pork, roast potatoes and gravy.	Vegetable and rice wrap. GLUTEN FREE macaroni cheese.	Cheese and pepper whirl. Gluten FREE POLLOCK, chips and tomato sauce
	VEGETABLES OF THE DAY	Carrots and Garden peas.	Sweetcorn and Green beans	Broccoli and Sweetcorn	Peas and Carrots	Baked beans and peas
	DESSERT  GLUTEN FREE	Sticky toffee crumble with custard. GLUTEN FREE apple cookie and custard.	Chocolate and beetroot brownie. Yoghurt/fruit Gluten free brownie.	Apple flapjack Yoghurt/fruit platter Gluten Free cookie	Yoghurt/Fruit Station	Iced sponge Fruit platter Gluten Free iced sponge.

# MENU - Week Two

<b>WEEK Two</b>  29/04/2019  20/05/2019 17/06/2019 08/07/2019	MAIN	MONDAY Beef burger in a bun, with baked jacket wedges	TUESDAY BBQ chicken pasta	WEDNESDAY Roast Turkey, roast potatoes and gravy.	THURSDAY Beef lasagne with garlic bread.	FRIDAY Battered pollock, chips and tomato sauce.
	VEGETARIAN  GLUTEN FREE	Quorn burger in a bun, with jacket wedges. Beef burgers with jacket wedges	Lentil and sweet potato curry and rice. Gluten free BBQ Chicken pasta	Roast Quorn, with roast potatoes and gravy. Gluten free, Roast turkey, roast potatoes and gravy	Vegetarian fajitas and rice. Gluten free bolognaise and cheese pasta or baked potato	Vegetable pasty and chips.  Gluten free pollock, chips and tomato sauce.
	VEGETABLES OF THE DAY	Peas and sweetcorn	Green beans and carrots	Mixed seasonal vegetables	Broccoli and sweetcorn	Baked beans and peas
	DESSERT  GLUTEN FREE	Chocolate and banana square Yoghurt/fruit Gluten free choc and banana square	Yoghurt /fruit station	Peach upside-down cake and custard. Yoghurt and fruit Gluten free peach cake.	Sliced cheese, apple or grapes and biscuits. Yoghurt/fruit platter Gluten free cookie	Lemon drizzle cake Yoghurt/fruit platter Gluten free lemon cake.

# MENU – WEEK Three

<b>WEEK Three</b>  07/05/2019  03/06/2019 24/06/2019  15/07/2019	<b>MAIN</b>	<b>MONDAY</b> Beef and red pepper pizza, with roast new potatoes	<b>TUESDAY</b> Beef meatballs with mashed potatoes and gravy	<b>WEDNESDAY</b> Roast chicken, stuffing, roast potatoes and gravy.	<b>THURSDAY</b> Chicken Tikka masala and rice.	<b>FRIDAY</b> Fish fingers, chips and tomato sauce.
	<b>VEGETARIAN</b>  <b>GLUTEN FREE</b>	Cheese and tomato pizza, with roast new potatoes. Gluten free cheese and tomato pizza	Vegetable cottage pie. Gluten free	Vegetable wellington with roast potatoes. Gluten free, roast chicken, roast potatoes and gravy	Vegetable noodles.  Gluten free, Chicken Tikka masala and rice	Red pepper and cheese frittata and chips. Gluten free pollock, chips and tomato sauce.
	<b>VEGETABLES OF THE DAY</b>	Sweetcorn and Broccoli	Green beans and carrots	Broccoli and cauliflower	tomato, cucumber and coriander salad	Baked beans and peas.
	<b>DESSERT</b>  <b>GLUTEN FREE</b>	Mixed fruit crumble and custard or Skye's crumble cookies. Fruit platter. Gluten free fruit cookie	Vanilla shortbread Yoghurt/fruit platter. Gluten free vanilla shortbread.	Vanilla ice cream Yoghurt or fruit platter Gluten free, same as above.	Yoghurt/ fruit station	Chocolate cookie Fruit platter Gluten free chocolate cookie.