

Week Three

Michaelmas Term



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tomato and vegetable pasta bake, sliced carrots, garden peas and garlic bread	Ham and cheese wraps or BBQ chicken and cheese wraps with crunchy coleslaw and side salad	Roast of the day served with roast potatoes, sliced carrots, brussell sprouts and gravy	Beef and onion pie served with mashed potatoes, green beans, sweetcorn and gravy	Fish fingers for our younger diners with battered fish for our juniors and seniors with chips and garden peas
Option 1 ALLERGENS	Gluten in pasta dish Gluten, milk in garlic bread	Gluten, milk Egg, mustard in coleslaw	Nil	Gluten, sulphites milk in the potatoes	Gluten, fish in both dishes
Option 2	Plain boiled pasta with grated cheese, sliced carrots, garden peas and garlic bread	Cheese and tomato wraps all served with oven baked wedges with crunchy coleslaw and side salad	Cheesy garlic baguette sticks	Mac n cheese, green beans and sweetcorn	Red onion and pepper frittata with mixed salad
Option 2 ALLERGENS	Gluten in pasta Milk in cheese, gluten, milk in garlic bread	Gluten, milk Egg, mustard in coleslaw	Gluten, milk	Gluten, milk	Egg, milk
Option 3	Jacket potatoes served with a choice of grated cheese, tuna mayonnaise or baked beans				
Option 3 ALLERGENS	Milk in cheese, Egg & mustard in tuna, Nil in beans				
Option 4 (offered with all main dishes)	Salad bar comprising of: lettuce, tomatoes, cucumber, sweetcorn, mixed peppers and grated carrot served with a choice of sliced meats, tuna mayonnaise, cheese and freshly baked malted wheat bread				
Option 4 ALLERGENS	Gluten in bread				
Dessert of the Day	Mandarins	Mike's Flapjack	Peach slices	Lemon drizzle cake	Fresh fruit salad
Dessert of the Day ALLERGENS	Nil	Gluten, milk	Nil	Egg, milk, gluten	Nil
Cold Dessert Choices	A selection of yoghurts and frubes, fresh fruits and jellies are provided as an alternative to dessert of the day				
	All Menus are subject to change depending on the circumstances of the daily business				

