

Summer/Autumn Menu Week 3

Monday

1. BBQ Chicken, Wholegrain Rice and Green Beans.

1. BBQ Chicken Contains **Mustard**

V. BBQ Quorn, Wholegrain Rice, Green Beans.

V. BBQ Quorn Contains **Wheat** and **Mustard**

2. Jacket Potato, Cheese, green Salad

2. Cheese Contains **Milk**

A. Mango and Orange Sorbet

B. Fruit

Tuesday

1. Ham Topped Macaroni Cheese, Garlic Bread, Sweet Corn.

1. Ham Macaroni Cheese Contains **Milk** and **Wheat**. Garlic Bread Contains **Wheat** May Contain **Sesame** and **Milk**

V. Macaroni Cheese, Garlic Bread, Sweetcorn.

V. Macaroni Cheese Contains **Milk** and **Wheat**. Garlic Bread Contains **Wheat** May Contain **Sesame** and **Milk**

2. Chicken Mayo Wrap Packed Lunch
(Chicken Mayo Filled Wraps, Nachos, Apricots or Raisins)

2. Chicken Mayo Wrap Contains **Wheat** and **Mustard** Apricots Contain **Sulphites**.

A. Sticky Orange Cake

A. Sticky Orange Cake Contains **Egg** and **Wheat**

B. Fruit

Wednesday

1. Roast Gammon, New Potatoes, Seasonal Vegetables
And Gravy

V. Vegetable Sausage, New Potatoes, Seasonal Vegetables
And Gravy.

V. Vegetable Sausages Contains **Oats** and **Barley**

2. Tuna Mayo Baguette Packed Lunch
(Tuna Mayo Sandwich, Nachos, Raisins or Apricots)

2. Tuna Baguette Contains **Fish**, **Wheat**, **Mustard** – May Contain **Sesame**.
Apricots Contain **Sulphites**

A. Ginger Cake

A. Ginger Cake Contains **Egg** and **Wheat**

B. Fruit

Thursday

1. Traditional Cottage Pie, Peas and Baby Carrots.

1. Cottage Pie Contains **Celery**. Potato -May Contain **Wheat**, **Milk** and **Sulphites**.

V. Meat Free Cowboy Pie, Peas, Baby Carrots.

V. Meat Free Cowboy Pie Contains Barley and Oats. Potato – May Contain Wheat, Milk and Sulphites.

2. Ham Salad
(Gammon Ham, Cream Crackers,
Mixed Salad, Potato Salad)

2. Cream Crackers Contain **Wheat**. Potato Salad Contains **Mustard**

A. Angel Delight and Mandarins

A. Angel Delight Contains **Milk**

B. Fruit

Friday

1. Salmon Fishcake, Chips, Baked Beans.

1. Salmon Fishcakes Contain **Wheat** and **Fish**

V. Vegan Sausage Roll, Chips and Baked Beans

V. Vegan Sausage Roll Contains **Wheat**

2. Jacket Potato, Baked Beans and Mixed Salad

A. Vanilla Cookie and Fruit Slices

A. Vanilla Cookie Contains **Wheat**

B. Fruit