

[WEEKLY MENU]



Week 3

Weeks Commencing: Mon 19th Sept - Mon 10th Oct - Mon 7th Nov - Mon 28th Nov



Main Dish of the Day

Vegetarian Dish of the Day

Vegetable Choice

Dessert of the Day

Jacket Potato Bar

Cold Selection

Monday

Tuesday

Wednesday

Thursday

Friday

African Beef Stew
(G, SO, SU)

Chicken Burger
(G, SE*)

Roast Beef,
Yorkshire Pudding &
Roast Gravy
(E, G, MK)

Chinese Chicken
Noodles
(CE, E, G, MU*, SO)

Battered Baked Fish
& Tomato Ketchup
(F, G)

African Vegetable
Stew
(CE, G*)

Vegetable Burger in
a Bun
(G, SE*)

Lentil & Spinach
Strudel with
Tomato Sauce
(CE, G)

Hoi Sin Vegetable
Noodles
(CE, E, G, MU*, SO)

Slow Roasted
Tomato & Cheese
Pasta
(CE, G, MK)

Jollof Rice (CE)
Roasted Vegetable
Medley

Homemade Wedges
Sweetcorn
Baked Beans

Baby Roast Potatoes
Savoy Cabbage
Cauliflower

Steamed Rice
Sweetcorn
Broccoli

Chips
Baked Beans
Peas

Chocolate &
Beetroot Brownie
(E, G, MK, SO)

Cherry Tray Bake
with Whipped
Cream
(E, G, MK)

Winter Fruit
Crumble & Custard
(G, MK)

Jam & Coconut
Sponge
(E, G, MK, SU)

Strawberry Mousse
with Choc Chip
Cookie
(E, G, MK, SO)

See Board for
Details

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Salad Bar
Homemade Breads
(G, SO)
Fresh Fruit Salad

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Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds

St Matthias

