














































DINNER MENU

| W/C : 13/11/2017 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | | | | | | | | |
|---|--|---|--|---|--|--|--|---|--|--|--|---|---|---|
| MAIN MEAL | Penne Pasta Bolognese  | Sweet and Sour Chicken with Noodles  | Lamb Curry & Rice  | Chicken Drumsticks with Potato Wedges  | Breaded Cod French fries    | | | | | | | | | |
| VEGETARIAN OPTION | Aubergine Potato & Garlic Bake  | Vegetable Biryani  | Pasta With basil & Tomato Sauce  | Spicy Rice with Stuffed Pepper  | Spinach Omelette & Beans    | | | | | | | | | |
| VEGETABLES | Fine Beans & Carrots | Broccoli and Sugar Snaps | Mixed Vegetables | Carrots & Sweet Corn | Spaghetti Hoops or Mushy Peas | | | | | | | | | |
| DESSERTS | Yoghurt & Pineapple Pieces   | Creamy Rice Pudding & Jam   | Apple & Cherry Crumble & Custard   | Ice Cream  | Strawberry Jelly | | | | | | | | | |
| DAILY ADDITIONS      | Jacket Potatoes served daily with a choice of fillings from our salad bar | | | | | | | | | | | | | |
| SALAD BAR      | Wide selection available daily including tomatoes, cucumbers, beetroot, carrots, lettuce, sweetcorn, cheese, tuna, sliced mixed peppers, croutons, pasta salad, coleslaw etc. | | | | | | | | | | | | | |
| Fresh bread, freshly made assorted sandwiches, fresh fruit, cheese and biscuits served daily | | | | | | | | | | | | | | |
| No nuts or nut oils used | | | | | | | | | | | | | | |
| ALLERGEN KEY |  Peanuts |  Nuts |  Crustaceans (Shellfish) |  Molluscs (Shellfish) |  Fish |  Eggs |  Milk |  Cereals containing Gluten |  Soya |  Sesame seeds |  Celery |  Mustard |  Lupin |  Sulphur Dioxide |