































DINNER MENU

W/C : 20/02/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY									
MAIN MEAL	Sweet 'n' Sour Chicken Noodles 	Lasagne Wedges Garlic Bread 	Chicken Tikka Masala Rice & Poppadum's 	Bangers and Mash Caramelised Onions 	Breaded Cod French Fries 									
VEGETARIAN OPTION	Pasta in Tomato and Basil Sauce 	Roasted Vegetable Pitta Pockets 	Quorn Chilli Rice 	Moroccan Spiced Vegetables Couscous 	Cheese Omelette 									
VEGETABLES	Carrots Broccoli	Sweetcorn Fine Green Beans	Carrots Cauliflower	Steamed Spinach Broccoli	Mushy Peas Baked Peas									
DESSERTS	Apple, Cinnamon & Raisin Filo Tart Custard 	Strawberry Yogurt 	Chocolate Sponge Custard 	Mixed Fruit Jelly 	Fruit Friday									
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