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W/C : 20/11/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY									
<b>MAIN MEAL</b>	Spaghetti Bolognese 	Chicken Tikka Masala Rice 	Beef Sausages Mashed Potatoes Gravy  	Spicy Chicken Drumsticks Rice 	Breaded Cod French fries   									
<b>VEGETARIAN OPTION</b>	Chickpea & Spinach Curry Rice 	Leek & Potato Bake Cauliflower Cheese  	Sweet 'n' Sour Stir Fry Noodles 	Cheesy Pasta with Broccoli Sweetcorn  	Veggi Burger Chips Beans 									
<b>VEGETABLES</b>	Broccoli Carrots	Sweet Peas Cabbage	Seasonal Mixed Vegetables	Mange Tout Carrots	Spaghetti Hoops Peas									
<b>DESSERTS</b>	Semolina Pudding  	Yogurt Peaches   	Jam & Coconut Sponge Custard 	Lemon Cheesecake Cheese & Biscuits   	Fruit Salad Cream 									
<b>DAILY ADDITIONS</b>     	Jacket Potatoes served daily with a choice of fillings from our salad bar													
<b>SALAD BAR</b>     	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														
<b>No nuts or nut oils used</b>														
<b>ALLERGEN KEY</b>	 Peanuts	 Nuts	 Crustaceans (Shellfish)	 Molluscs (Shellfish)	 Fish	 Eggs	 Milk	 Cereals containing Gluten	 Soya	 Sesame seeds	 Celery	 Mustard	 Lupin	 Sulphur Dioxide