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W/C : 02/10/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY									
<b>MAIN MEAL</b>	Chicken Curry & Rice 	Jerk Chicken Drumsticks Rice 	Pasta Bolognese, Garlic Bread Sweetcorn  	Roast Beef Roast Potatoes Yorkshire Pudding 	Breaded Cod French fries   									
<b>VEGETARIAN OPTION</b>	Vegetable Lasagne  	Roasted Vegetable Tart  	Chickpea & Potato Curry Rice 	Quorn sausages & Mixed vegetables 	Spanish Omelette   									
<b>VEGETABLES</b>	Green Beans Carrots	Sweet Peas Cauliflower	Mixed Seasonal Vegetables	Carrots Broccoli	Garden Peas Beans									
<b>DESSERTS</b>	Apple & Blackberry Crumble Custard  	Peaches and Yogurt 	Creamy Rice Pudding  	Fresh Fruit Salad Cream 	Ice 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