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W/C : 30/01/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY									
MAIN MEAL	Chicken Curry Rice 	Pasta Day - choice of toppings Bolognese, Cheese and Mushroom Sauce or Tomato, Garlic and Basil Sauce  	BBQ Chicken Wings Jollof Rice 	Chicken & Sweetcorn Pie Roast Potato   	Breaded Fish Chips    									
VEGETARIAN OPTION	Macaroni Cheese   	Chick Pea & Spinach Curry Rice 	Quorn Chili Rice 	Leek & Potato Pie Mash   	Cheese Omelette  									
VEGETABLES	Carrots Broccoli	Mixed Seasoned Vegetables	Fine Green Beans Cauliflower	Carrots Broccoli	Garden Peas Beans									
DESSERTS	Apple Crumble Custard   	Rice Pudding Jam   	Fresh Fruit Salad Cream 	Pineapple Upside Down Sponge Custard   	Peach Yogurt 									
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