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W/C : 4/12/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY									
MAIN MEAL	Beef or Veggie Lasagne with Sweetcorn  	Chicken Curry Rice 	Sausages, Mashed Potatoes Onion Gravy  	Roast Turkey, Stuffing & Roast Potatoes 	Chicken Nuggets, Breaded Cod French fries   									
VEGETARIAN OPTION	Lentil & Potato Curry Rice 	Macaroni Cheese Bake  	Quorn Sausages with Bubble & Squeak  	Cranberry, Red Onion & Goats Cheese Tarts   	Veggie Burger in a Bun with Beans   									
VEGETABLES	Broccoli Carrots	Fine Beans Cabbage	Mixed Vegetables Mange Tout	Brussels, Parsnips, Carrots or Peas	Spaghetti Hoops Mushy Peas									
DESSERTS	Peaches Strawberry Yogurt 	Semolina Pudding  	Fresh Fruit Salad Cream 	Xmas Pudding, Mince Pudding or Xmas Tree Choc Ice  	Cheese Biscuits  									
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