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W/C : 8/01/2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY									
MAIN MEAL	Spaghetti with Bolognese or Tomato & Garlic Sauce 	Chicken Korma Rice 	Beef Sausages, Sweet Potato Mash Red Onion Gravy 	Spicy Chicken Wings Rice 	Breaded Cod French Fries   									
VEGETARIAN OPTION	Butternut Squash & Coconut Curry Rice 	Leek & Potato Bake   	Vegetable Biryani 	Roasted Vegetable Wraps 	Cheese, Spinach & Potato Omelette   									
VEGETABLES	Carrots Broccoli	Spring Greens Sweetcorn	Cauliflower Mange Tout	Roasted Root Vegetables Sugar Snaps	Baked Beans Peas									
DESSERTS	Mixed Fruit, Yogurt & Peaches  	Apple & Cinnamon Crumble Custard  	Semolina Pudding  	Fresh Fruit Salad	Strawberry Jelly									
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 - Menu subject to change														
ALLERGEN KEY	 Peanuts	 Nuts	 Crustaceans (Shellfish)	 Molluscs (Shellfish)	 Fish	 Eggs	 Milk	 Cereals containing Gluten	 Soya	 Sesame seeds	 Celery	 Mustard	 Lupin	 Sulphur Dioxide