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W/C : 09/10/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY									
<b>MAIN MEAL</b>	Chilli Con Carne Rice 	Beef Sausages Mashed Potato Onion Gravy 	Lasagne Garlic Bread  	Spicy Chicken Rice Peas 	Breaded Cod French fries   									
<b>VEGETARIAN OPTION</b>	Sweet Potato & Spinach Curry Rice 	Macaroni Cheese Bake  	Lentil Curry Rice 	Roasted Vegetable Tart   	Cheese & Tomato Pizza  									
<b>VEGETABLES</b>	Mixed Seasonal Vegetables	Broccoli Carrots	Sweetcorn Mange Tout	Mixed Seasonal Vegetables	Garlic Spinach Beans									
<b>DESSERTS</b>	Semolina Pudding  	Iced Sponge Custard   	Fruit Salad	Lemon Cheesecake   	Pineapple Yogurt 									
<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