



Week One

Monday

PEA, PEANUT AND COURGETTE PASTA (1,3,11,V)
SPINACH AND MUSHROOM RISOTTO (1,3,V)
STEAMED CAULIFLOWER
FRESH FRUIT SALAD
YOGHURT (1)

Tuesday

BEEF LASAGNE (1,3)
VEGETABLE EGG NOODLES (3,6,11,12,V)
GARLIC BREAD (1,3)
CURLY KALE
JAM AND COCONUT CAKE (1,3,11)

Wednesday

LEMON TURKEY CURRY (12,14)
JACKFRUIT AND BUTTERNUT SQUASH STEW (11,V)
CORIANDER RICE
MANGO CHUTNEY
GINGER AND SOYA GREEN BEANS (3,6,12)
ORANGE JELLY POTS (V)

Thursday

MEAT BALLS IN TOMATO AND BASIL SAUCE
PENNE PASTA (3)
VEGETABLE AND CHICKPEA CASSEROLE (13,14)
TOMATO AND CUCUMBER SALAD
GLENDDOWER MESS (1,11)

Friday

JACKET POTATO
GRATED CHEESE (1), TUNA MAYONNAISE (2,11)
RAINSBOW COLSELAW (12), BAKED BEANS
CHOCOLATE AND ORANGE BREAD AND BUTTER
PUDDING (1,3,6,11)

Available Every Day

JACKET POTATOES, BAKED BEANS, CHEESE,
YOGHURT, FRESHLY SLICED FRUIT,
FRESHLY BAKED BREAD

Allergens

1 - MILK, 2 - FISH, 3 - GLUTEN, 4 - PEANUTS, 5 - TREE NUTS, 6 - SOYA, 7 - SESAME, 8 - LUPIN, 9 - SHELLFISH, 10 - MOLLUSCS,
11 - EGG, 12 - SULPHITE, 13 - CELERY, 14 - MUSTARD