

# YOUR MENU THIS WEEK

**WEEK THREE**

WEEK COMMENCING

29/04/2024, 20/05/2024, 10/06/2024,  
01/07/2024



|               | MONDAY                                                   | TUESDAY                                                   | WEDNESDAY                                                   | THURSDAY                                           | FRIDAY                               |
|---------------|----------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------|--------------------------------------|
| MAIN MEAL     | Chilli Con Carne with Steamed Rice (Gluten)              | Chicken Stir Fry with Noodles (Egg, Gluten, Soya Beans)   | Roast Gammon & Gravy                                        | Cheese and Tomato Pizza (Gluten, Milk, Soya Beans) | Crispy Battered Fish (Fish, Gluten)  |
| MAIN MEAL TWO | Quorn Chilli Con Carne with Steamed Rice (Soya, m/c Egg) | Vegetable Stir Fry with Noodles (Egg, Gluten, Soya Beans) | Vegetable and Lentil Loaf & Gravy (Egg, Gluten, Soya, Milk) | Vegetable Pizza (Gluten, Milk, Soya Beans)         | Vegetable Frittata (Gluten, Milk)(v) |
| SIDES         | Peas, Sweetcorn                                          | Broccoli, Sweetcorn                                       | Roast Potatoes Carrots & Cabbage                            | Coleslaw Veggie Sticks                             | Chips, Baked Beans, Peas             |
| PUDDINGS      | Chocolate Biscuit (Milk, Gluten) (v)                     | Fruit Crumble & Custard (Milk, Gluten) (v)                | Frozen Yoghurt (Milk) (v)                                   | Sticky Apple Cake (Egg, Gluten, Milk, Soya) (v)    | Mandarin Jelly (v)                   |

Available daily

Jacket Potato with cheese or beans, Fresh fruit, yoghurt, daily salad, handmade bread (gluten, milk, soya, may contain egg)

\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\*

