

This Week's Menu

G=Gluten
E=Egg
D=Dairy
S=Soya
F=Fish
Must=Mustard

Week: 2 **SUMMER 2022**

Monday

Dish of the Day

Lasagne (G, D)

Vegetarian Option

Vegetable Lasagne (G, D)

Sides

Garlic Bread (G, E)
Crudités
Coleslaw

Alternative

Cheese & ham wraps (D, G)

Dessert

Fruit Shortbread
Homemade yoghurt with fruit
compote
Fresh fruit

Tuesday

Dish of the Day

Vegetable & five bean tacos,
with or without cheese (D)

Vegetarian Option

Vegetable Lasagne (G, D)

Sides

Potato Wedges
Carrots

Alternative

Cheese, tuna, egg or ham salad
(D, F, E, Must)

Dessert

Carrot Cake (E, G)
Homemade yoghurt with fruit
compote
Fresh fruit

Wednesday

Dish of the Day

Sausage Plait (G)

Vegetarian Option

Cheese & Onion Plait (G, D)

Sides

Roast Potatoes
Peas
Gravy

Alternative

Cheese & ham wraps (D, G)

Dessert

Fresh Fruit Meringue & Cream
(D)
Homemade yoghurt with fruit
compote
Fresh fruit

Thursday

Dish of the Day

Chicken Chow Mein (G, E)
Spring Roll

Vegetarian Option

Vegetable Chow Mein (G, E)
Spring Roll

Sides

Sweet 'n' Sour Sauce
Sweetcorn

Alternative

Cheese, tuna, egg or ham salad
(D, F, E, Must)

Dessert

Banana Cake
Homemade yoghurt with fruit
compote
Fresh fruit

Friday

Dish of the Day

Breaded Fish Fillet
(F, G)

Vegetarian Option

Breaded Vegetarian Fingers (G)

Sides

Chips
Baked Beans

Alternative

Baked Potato with beans &
cheese (D)

Dessert

Rainbow Cookies (G, E)
Homemade yoghurt with fruit
compote
Fresh fruit

