

# This Week's Menu

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

Week: 1 **SUMMER 2022**

## Monday

### Dish of the Day

Beef & Red Pepper Bolognese

### Vegetarian Option

Quorn & Red Pepper Bolognese

### Sides

Pasta (G)  
Broccoli

### Alternative

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

### Dessert

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

## Tuesday

### Dish of the Day

Turkey Pie  
(G)

### Vegetarian Option

Vegetable Pie  
(G)

### Sides

New potatoes  
Sweetcorn

### Alternative

Cheese or ham wraps (D, G)

### Dessert

Fruit Cheesecake (G,D)  
Homemade yoghurt with fruit compote  
Fresh fruit

## Wednesday

### Dish of the Day

Paprika Chicken

### Vegetarian Option

Feta & Vegetable Filo Parcel  
(D, G)

### Sides

Vegetable Rice  
Green Beans

### Alternative

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

### Dessert

Chocolate Cake & Custard  
(E, D, G)  
Homemade yoghurt with fruit compote  
Fresh fruit

## Thursday

### Dish of the Day

Margarita Pizza  
(G, D)

### Vegetarian Option

### Sides

Coleslaw  
Corn on the cob  
Carrot & cucumber batons

### Alternative

Cheese or ham wraps (D, G)

### Dessert

Strawberries & cream (D)  
Homemade yoghurt with fruit compote  
Fresh fruit

## Friday

### Dish of the Day

Homemade Salmon Fishcake  
(F)

### Vegetarian Option

Homemade Vegetable cakes

### Sides

Chips  
Baked Beans

### Alternative

Baked Potato with beans & cheese (D)

### Dessert

Flapjack  
Homemade yoghurt with fruit compote  
Fresh fruit

