



This week's treats...



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
the MAIN event	Creamy chicken and mushroom risotto	Homemade Cheese and Ham Quiche with Mixed Veg (G,E,M)	Spaghetti Bolognese (G,)	Traditional Sausage and Mash with Peas and Gravy (G)	Chicken and Sweetcorn Hot Pot (M)
with sweet treats	Marble Cake (E,G)	Fruit Salad and Cream (M)	Apple, Sultana and Cinnamon Slice (M,G)	Custard Tart (M,G,E)	Banana Cake (E,G)
the BIG one	Sausages and Beans (G)	Jacket and Quorn Chilli (E)	Filled Pittas and Vegetable Sticks (M,G,E,F)	Creamy Chicken Pasta (G,M)	Homemade Fishcakes and Beans (G,M,F)
and something to finish	Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt

KEY:	S = Soya	F = Fish	N = Nuts	G = Gluten/Wheat
M = Milk	L = Lupin	P = Peanuts	Cr = Crustaceans	Mo = Molluscs
SD = Sulphur dioxide	SS = Sesame seeds	E = Egg	Mu = Mustard	C = Celery

All allergies and preferences catered for. Please ask to speak to Debbie



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
the MAIN event	Sweet and Sour Chicken and Rice	Minced Beef and Vegetable Cobbler (G,M,E)	Vegetable Lasagne and Garlic Bread (G,M)	Chicken Pie, Mash and Vegetables (G,M)	Fish Pie and Peas (F)
with sweet treats	Chocolate Chip Shortbread (M,G)	Jelly and Ice cream (M)	Bananas and Custard (M)	Iced Lemon Cake (E,G)	Fairy Cakes (G,E)
the BIG one	Mini Quiche and Salad Sticks (G,M,E)	Homemade Pizza and Vegetable Sticks (G,M)	Sausage Rolls and Spaghetti Hoops (G,M)	Sandwiches and Vegetable Sticks (G,M,E,F)	Cheese and Tomato Pasta (M,G)
and something to finish	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
the MAIN event	Chicken Curry and Rice	Beef and Vegetable pie with Roast Potatoes (G)	Cowboy Pie (G)	Minced Beef and Tomato Pasta Bake (G,M)	Sheppards Pie (M,G)
with sweet treats	Chocolate Mousse (M)	Blueberry Cupcakes (E,G)	Rice Pudding and Jam (M)	Chocolate Fudge Cake (G,E,M)	Apple Crumble and Custard (M,G)
the BIG one	Jacket Potato Cheese and Beans (M)	Sandwiches and Vegetable sticks (G,M,E,F)	Cheese Scone with Ham and Cucumber (G,M,E)	Assorted Wraps and Potato Salad (E,G,M)	Vegetable Macaroni Cheese (G,M)
and something to finish	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)

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