



<u>Week Two</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	Mixed Meat Special Fried Rice with Teriyaki Sauce, Bok Choi, Carrots, Peppers and Peas	Sausages with Crushed Potatoes, Cauliflower, Red Cabbage & Gravy	Beef Penne Ragu with Garlic Bread	Chicken Green Curry with Mushroom Rice and Onion Bhaji	BBQ Sticky Ribs with Paprika Spiced Sauté Potatoes
Vegetarian Option	Special Egg Fried Rice with Teriyaki Sauce, Bok Choi, Carrots, Peppers and Peas	Quinoa Croquette with Crushed Potatoes, Cauliflower, Red Cabbage & Gravy	Tomato Penne Ragu with Garlic Bread	Butternut & Carrot Curry with Mushroom Rice and Onion Bhaji	Texas Beans with Paprika Spiced Sauté Potatoes
Gluten Free Option	Mixed Meat Special Fried Rice with Teriyaki Sauce, Bok Choi, Carrots, Peppers and Peas	Sausages with Crushed Potatoes, Cauliflower, Red Cabbage & Gravy	Beef Penne Ragu with Garlic Bread	Chicken Green Curry with Mushroom Rice and Onion Bhaji	BBQ Sticky Ribs with Paprika Spiced Sauté Potatoes
Dairy Free Option	Mixed Meat Special Fried Rice with Teriyaki Sauce, Bok Choi, Carrots, Peppers and Peas	Sausages with Crushed Potatoes, Cauliflower, Red Cabbage & Gravy	Beef Penne Ragu with Garlic Bread	Chicken Green Curry with Mushroom Rice and Onion Bhaji	BBQ Sticky Ribs with Paprika Spiced Sauté Potatoes
Dessert	Cherry & Apple Crumble	Apricot Flapjack	Berry Greek Yoghurt	Lemon Drizzle Cake	Ice Cream Lolly





**Available  
Everyday**

## **Salad Bar**

- Iceberg Lettuce
- Oak Leaf Lettuce
- Lambs Leaf
- Rocket
- Gerkins
- Houmous
- Sun Dried Tomatoes
- Pickled Silver Skin Onions
- Coleslaw
- Sliced Peppers
- **Jacket Potatoes**
- **Wraps**
- **Baguette**
- **Sliced Bread**
- Sweetcorn
- Cucumber Sticks
- Croutons
- Black Olives
- Jalapenos
- Celery Sticks
- Cheddar Cheese Slices
- Seasoned Pasta
- Sliced Tomatoes

**ALL MEALS ARE NUT FREE**