



<u>Week Three</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	Full English with Toast	Beef & Ale Pie with New Potatoes & Peas	Chicken, Ham, Leek & Parsnip Gratin with Gravy	Mediterranean Roasted Vegetable Spaghetti	Fish Cakes with Cream Sauce, & Steamed Vegetables
Vegetarian Option	Full English Avocado with Toast	Roasted Glazed Cauliflower with Roast Potatoes & Peas	Beetroot & Sweet Potato Gratin with Gravy	Mediterranean Roasted Vegetable Spaghetti	Fish Cakes with Cream Sauce & Steamed Vegetables
Gluten Free Option	Full English with Toast	Beef & Ale Pie with New Potatoes & Peas	Chicken, Ham, Leek & Parsnip Gratin with Gravy	Mediterranean Roasted Vegetable Spaghetti	Fish Cakes with Cream Sauce & Steamed Vegetables
Dairy Free Option	Full English with Toast	Beef & Ale Pie with New Potatoes & Peas	Chicken, Ham, Leek & Parsnip Gratin with Gravy	Mediterranean Roasted Vegetable Spaghetti	Fish Cakes with Cream Sauce & Steamed Vegetables
Dessert	Fruit Salad	Sticky Toffee Date & Prune Cake	Plum Crumble	Brownie & Ice Cream	Lemon & Lime Cheesecake



**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