

Five Ways Menu

Week 1

Meatless Monday

Pasta Topped with Tomato Sauce & Cheese

Served with rustic bread & seasonal vegetables

Gluten Free Available, Dairy Free without cheese

Spicy Quorn & Vegetable Stir-fry

Served with wholegrain rice

Dairy Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Chocolate Shortbread



Wednesday

Pasta Beef Meatballs in Tomato Sauce

Served with rustic bread

Dairy Free, Gluten free available

Vegetable Spring Roll with Sweet & Sour Sauce (optional)

Served with noodles

Dairy Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Lemon, Oat & Raisin cookies



Thursday

Beef Chilli Con Carne

Served with wholegrain rice & rustic bread

Gluten Free without bread, Dairy Free

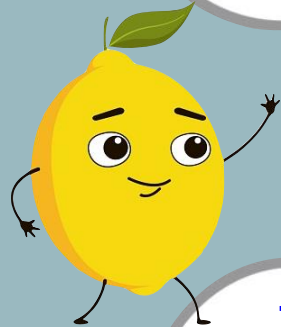
Margarita Pizza

Served with oven diced potatoes & sweetcorn or baked beans

Dairy & Gluten Free Available

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Jam Doughnut



DAILY

Bread Basket, Fresh Salad
Selection of lighter Desserts -
Jelly, Fresh Fruit Pots & Yoghurts
GF & DF Options available

Tuesday

Roast Chicken

Served with

mashed potato

Gluten & Dairy Free

Vegan Sausage Casserole

Served with mashed potato

Dairy Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Tutti Fruity Cake

Friday

Battered Fish Fillet

Served with chips

Dairy Free, Gluten Free available

Cheese & Bean Wrap

Served with chips, peas or baked beans

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Fruit & Jelly or Ice cream

Allergen information for all our dishes can be obtained by
contacting the Catering Manager on: 01543 278071