

Week 3

Five Ways Menu



Meatless Monday

Pasta Topped with Tomato Sauce & Cheese

Served with rustic bread

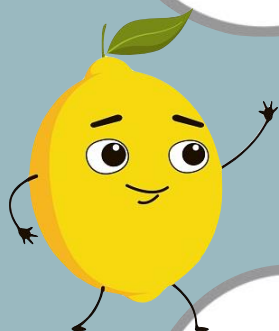
Gluten Free Available. Dairy Free without cheese

Roasted Vegetable, Bean & Rice Enchilada

Dairy Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Chocolate crispy cake



Wednesday

Chicken Tikka

Served with wholegrain rice & pitta bread

Dairy Free, Gluten Free without Pitta

Cauliflower, Broccoli & Potato Mornay Bake

Served with rustic bread

Gluten Free without bread

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Fruit crumble & custard

Thursday

Chicken Burger

Served With oven diced potatoes

Dairy Free, Gluten Free Option Available

Margarita Pizza

Served with oven diced potatoes, sweetcorn or baked beans

Dairy & Gluten free available

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Jelly & fruit dessert pot

DAILY

Bread Basket, Fresh Salad

Selection of lighter Desserts -

Jelly, Fresh Fruit Pots & Yoghurts

GF & DF Options available

Tuesday

Baked Pork Sausage

Served with mashed potato

Dairy Free, Gluten Free available

Vegan Meatballs in Gravy

Served with mashed potato

Dairy

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Raspberry muffins



Friday

Battered Fish Fillet

Served with chips

Dairy Free, Gluten Free available

Spicy Bean Patti

Served with Chips

Dairy Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Peaches & custard or

Ice cream

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