

Week 1

Five Ways Menu



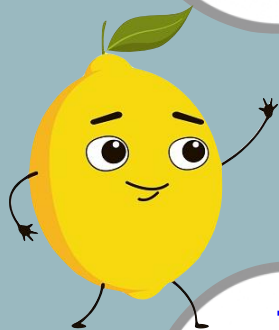
Meatless Monday

Duo of Pasta Topped with Tomato & Lentil Sauce & Cheese
Served with rustic bread & seasonal vegetables
Gluten Free Available. Dairy Free without cheese

Vegetable & Lentil Curry
Served with wholegrain rice
Dairy Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Chocolate Banana Cake or Ice Cream



Thursday

Breaded Salmon Fish Cake
Served with oven diced potatoes, sweetcorn or baked beans
Gluten Free available, 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

Wednesday

Pasta & Beef Bolognaise
Served with rustic bread & seasonal vegetables
Dairy Free, Gluten free available

Quorn Chow Mein Served with rustic bread
Dairy Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Iced Sponge Cake or Ice Cream

DAILY

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

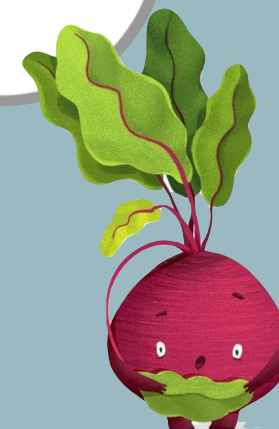
Tuesday

Roast Chicken
Served with
mashed potato & seasonal vegetables
Gluten & Dairy Free

Macaroni Cheese
Served with rustic bread & seasonal vegetables

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Vanilla Shortbread



Friday

Oven Bake Pork Sausage
Served with chips, peas or baked beans
Dairy Free, Gluten Free available

Quorn Fingers
Served with chips, peas or baked beans
Dairy Free

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