

Week 2

# Five Ways Menu

## Monday

Pasta & Beef Meatballs in Tomato Sauce

Served with rustic bread & seasonal vegetables

Dairy Free. Gluten Free Available

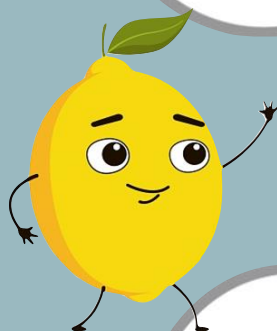
Spicy Vegetable Stir-fry

Served with noodles & seasonal vegetables

Dairy Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Shortbread



## Tuesday

Gammon Steak

Served with mashed potato & seasonal vegetables

Dairy & Gluten Free

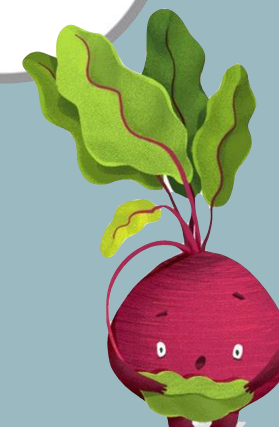
Vegetarian Cowboy Pie

(vegan sausage with baked beans & tomato topped with mashed potato & topped with cheese)

Served with rustic bread & seasonal vegetables

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Hummingbird Cake



## Wednesday

Chicken Tikka

Served with wholegrain rice & pitta bread & seasonal vegetables

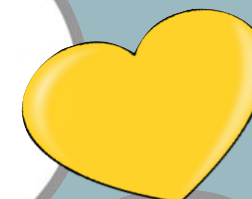
Dairy Free. Gluten Free without Pitta

Vegetarian Lasagne

Served with rustic bread & seasonal vegetables

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Baked waffles



## Thursday

BBQ Chicken Flatbread

Served with oven diced potatoes, peas or baked beans

Dairy Free

Margarita Pizza

Served with oven diced potatoes, peas or baked beans

Dairy & Gluten free available

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Banana & Toffee Cake

## DAILY

Bread Basket, Fresh Salad

Selection of lighter Desserts -

Jelly, Fresh Fruit Pots & Yoghurts

GF & DF Options available

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

## Friday

Battered Fish Fillet

Served with chips, sweetcorn or baked beans

Dairy Free. Gluten Free available

Quorn & Pepper Wrap

Served with chips, sweetcorn or baked beans

Dairy Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Various flavoured Ice-cream