

Week 3

Five Ways Men



Monday

Pasta Bolognaise

Served with rustic bread and seasonal vegetables

Dairy Free. Gluten free available

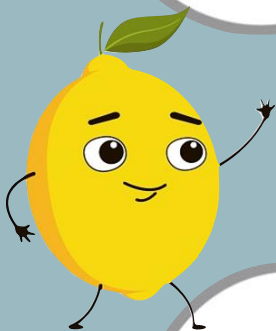
Vegetable & Lentil Curry

served with wholegrain rice and pitta bread & seasonal vegetables

Dairy Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Chocolate crispy cake



Tuesday

Roast Chicken

Served with mashed potato & seasonal vegetables

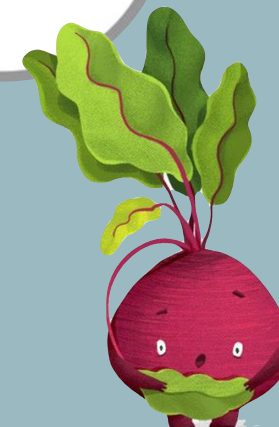
Gluten & Dairy Free

Shepherdess Pie

Served with rustic bread & seasonal vegetables

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Pineapple upside down cake & custard



Wednesday

Salmon & Broccoli Risotto

Served with rustic bread. & seasonal vegetables

Dairy free

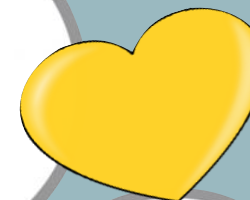
Pasta Topped With Tomato Sauce & Cheese

Served with rustic bread & seasonal vegetables

Gluten Free Available. Dairy Free without cheese

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Mini pancakes



Thursday

Tuna Wrap

Served with oven diced potatoes, sweetcorn or baked beans

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

Jelly & fruit dessert pot

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

Beef Burger in high-fibre bun

Served with chips, peas or baked beans

Dairy free. Gluten free available

Vegan Sausage Roll

Served with chips, peas or baked beans

Dairy Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Various flavoured Ice-cream