

Week 3

# Five Ways Menu

## Monday

Chinese Pork & Vegetable Stir Fry with Noodles

✓ Pasta Topped with Tomato Sauce & Cheese with Garlic Bread **GF DF**

Jacket Potato with Various Fillings  
Ham or Cheese Sandwich **DF DF**

Seasonal Vegetables

Cooke's Assorted Desserts

## Tuesday

Beef Meatballs with Mashed Potato & Gravy **GF DF**

✓ Vegetarian Cajun Spiced Risotto with Crusty Bread **DF GF without bread**

Jacket Potato with Various Fillings  
Ham or Cheese Sandwich **DF DF**

Seasonal Vegetables

Cooke's Assorted Desserts

## Wednesday

Tuna Melt Panini

✓ Margherita Pizza **DF**

Diced Potatoes & Seasonal Vegetables

Jacket Potato with Various Fillings  
Ham or Cheese Sandwich **DF DF**

Cooke's Assorted Desserts

## Thursday

Chicken Tikka & Naan Bread with Wholegrain Rice  
**GF without bread**

✓ Vegetarian Lasagne with Garlic Bread

Jacket Potato with Various Fillings  
Ham or Cheese Sandwich **DF DF**

Seasonal Vegetables

Cooke's Assorted Desserts

## DAILY

Salad Bar, Bread Basket  
Jellies, Fresh Fruit  
Homemade Yoghurts

**DF** Dairy Free Option/  
Spread Available

**GF** Gluten Free Option Available

For Allergen information please contact  
Catering Manager on 01543 278071

## Friday

Harry Ramsden's Fish Fillet with Chips **DF GF**

✓ Vegan Sausage Roll with Chips

Seasonal Vegetables

Jacket Potato with Various Fillings  
Ham or Cheese Sandwich **DF DF**

Cooke's Assorted Desserts

