

Week 1

Five Ways Menu



Monday

Liver & Onions

served on bed wholegrain rice and served with seasonal vegetables
Dairy Free

Duo of 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

Banoffee cake or ice cream

Tuesday

Roast Gammon

Served with mashed potato & seasonal vegetables
Gluten & Dairy Free

Cheese & Potato pie

served with crusty bread, seasonal vegetables or baked beans
Gluten Free

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Vanilla shortbread or Ice cream



Wednesday

Pasta & Beef Bolognaise

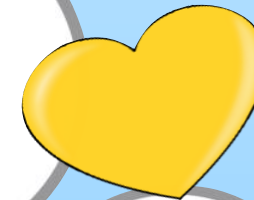
Served with rustic bread & seasonal vegetables
Dairy Free, Gluten Free Available

Quorn Madras

Served with rustic bread, wholegrain rice & seasonal vegetables
Dairy Free, Gluten Free without bread

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Tutti fruity cupcakes or Ice cream



Thursday

Breaded Salmon Fish Cake

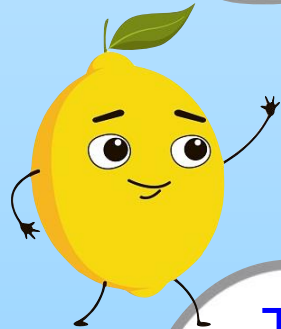
Served with oven diced potatoes, sweetcorn or baked beans
Gluten Free Available, Dairy Free

Margarita Pizza

Served with oven diced potatoes & sweetcorn or baked beans
Dairy & Gluten Free Available

Jacket Potatoes and Fillings or Freshly Made Sandwiches

Baked waffles or Ice cream



DAILY

Bread Basket, Fresh Salad
Selection of lighter Desserts -
Jelly (contains beef gelatin),
Fresh Fruit Pots & Yoghurts
GF & DF Options available

Friday

Beef Burger in a Bun

Served with skin on fries, peas or baked beans
Dairy Free, Gluten Free Available

BBQ Quorn Sausage

Served with savoury rice, 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