

WEEK 1 AUTUMN – WINTER MENU 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED OPTION	ORGANIC PORK SAUSAGES WITH GLUTEN FREE VEGAN GRAVY	PERI PERI CHICKEN AND RICE BAKE (NON SPICY)	ROAST CHICKEN WITH GLUTEN FREE VEGAN GRAVY	CHEESE AND TOMATO PIZZA ALSO AVAILABLE IN GLUTEN FREE	FISH FINGERS
GREEN OPTION	VEGAN SAUSAGES WITH GLUTEN FREE VEGAN GRAVY	VEGETABLE PASTA BAKE	ROASTED QUORN FILLET WITH GLUTEN FREE VEGAN GRAVY	JACKET POTATO CHOICE OF CHEESE, BAKED BEANS OR TUNA MAYO (GLUTEN FREE)	VEGETABLE GOUJONS (GLUTEN FREE)
POTATO/ CARB	MASHED POTATO OR DAIRY FREE MASH	STEAMED NEW POTATOES	ROAST POTATOES	SKIN ON POTATO WEDGES	CHIPS
VEGETABLES	GARDEN PEAS OR BAKED BEANS	CORN ON THE COB OR BROCOLLI FLORETS	STEAMED BABY CARROTS AND SHREDDED WHITE CABBAGE	SWEET CORN OR BAKED BEANS	PEAS OR BAKED BEANS
DESSERTS	FRUIT SMOOTHIE ICE CREAM (SUITABLE FOR GLUTEN FREE AND VEGAN)	CHOCOLATE SPONGE AND CUSTARD (CONTAINS EGG)	FRUIT JELLY SUITABLE FOR VEGETARIANS AND GLUTEN FREE	ETON MESS (CONTAINS MILK AND EGG)	CHOCOLATE MOUSSE