

WEEK 1 AUTUMN – WINTER MENU 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS OPTION	COTTAGE PIE (GLUTEN FREE)	CHICKEN CURRY WITH RICE (NON SPICY) (GLUTEN FREE)	ROAST CHICKEN WITH VEGAN GRAVY (GLUTEN FREE)	CHICKEN WRAP ALSO AVAILABLE IN GLUTEN FREE	FISH FINGERS
VEGETARIAN OPTION	VEGETARIAN COTTAGE PIE (GLUTEN FREE)	VEGETABLE CURRY (GLUTEN FREE)	ROASTED QUORN FILLET WITH VEGAN GRAVY (GLUTEN FREE)	QUORN DIPPER WRAP	VEGETABLE GOUJONS (GLUTEN FREE)
POTATO/ CARB OR SALAD	MASHED POTATO (GLUTEN FREE)	STEAMED RICE (GLUTEN FREE)	ROAST POTATOES (GLUTEN FREE)	COUSCOUS OR FRESH SALAD	CHIPS (GLUTEN FREE)
VEGETABLES	CAULIFLOWER OR MIXED VEGETABLES	BROCOLLI OR SWEETCORN	STEAMED BABY CARROTS OR SHREDDED WHITE CABBAGE	GREEN BEANS OR GARDEN VEGETABLES	PEAS OR BAKED BEANS
DESSERTS	FRUIT COCKTAIL (GLUTEN FREE)	CHOCOLATE CAKE (CONTAINS EGG)	COOKIE SUITABLE FOR VEGETARIANS	MARBLE CAKE (CONTAINS EGG)	ICE CREAM (GLUTEN FREE)

JACKET POTATOES ARE AVAILABLE DAILY, WITH A CHOICE OF TUNA, CHEESE OR BAKED BEANS.

SANDWICHES CHOICES AVAILABLE HAM, CHEESE OR, TUNA