

Spring 2021 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> w/c <b>04th Jan</b> <b>25th Jan</b>	(V) Egg curry served with basmati rice (8/10)  (V) Squash & spinach veggie lasagne (1/8)  Steamed Savoy cabbage  German apple cake topped with jam (1/5/8)	Halal Roast chicken dinner (1)  (V) Roast Veggie "Meat loaf" dinner  Green beans, carrots & roast potatoes  Fresh fruit	Cod & pea burger served with lime mayonnaise & sweet potato wedges (1/5/6)  (V) Tagliatelle Neapolitan (1/2/8)  Cut cucumber  Marble cake (1/5/8)	Wholemeal pizza topped with pepperoni (1/2/8)  (V) Wholemeal Margarita Pizza (1/2/8)  Steamed broccoli  Fresh fruit	Classic "Fish and Chips" (1/6)  (V) "Linda McCartney" Vegetable sausage roll with tomato dip (1/8/9)  Steamed broccoli  Fruit yoghurt pot (8)
<b>Week 2</b> w/c <b>11th Jan</b> <b>01st Feb</b>	(V) Veggie " Hot dog " with home made ketchup (1)  (V) Cherry tomato & feta quiche (1/5/8)  Chef's salad  Lemon drizzle sponge (1/5/8)	Halal Traditional Roast beef dinner (1)  (V) Veggie Cornish pasty (1/8)  Green beans, carrots & roast potatoes  Fresh fruit	Ocean fish cake served with new potatoes (2/5/6/10)  (V) Vegetable pad Thai noodles (1/5/9)  Steamed broccoli  Chocolate & beetroot brownie (1/5/8)	Wholemeal Pizza topped with Spicy chicken strips (1/2/8) (V) Wholemeal Margarita Pizza (1/2/8)  Cut vegetables  Fresh fruit	Cajun spiced fish Ciabatta sandwich with avocado salsa (1/6)  (V) Mac 'n' cheese (1/8)  Vegetable medley  Yoghurt pot (8)
<b>Week 3</b> w/c <b>18th Jan</b> <b>08th Feb</b>	(V) Spaghetti with vegetable "Carbonara" sauce (1/8) (V) Vegetable samosa with Bombay potatoes & mint yoghurt (1/8/9/10)  Cut vegetables,  Home made vanilla sponge	Halal beef lasagne topped with mature cheddar (1/8) (V) Vegetable " Bangers & mashed potatoes" (1/8/9)  Green beans  Fresh fruit	Fish fingers served with oven roasted potato wedges (1,5,6) (V) Vegetable biriyani with garlic naan (2/10)  Steamed broccoli  Double chocolate cookies (1/5/8)	Wholemeal pizza topped with ham & mushrooms (1/2/8)  (V) Wholemeal Margarita Pizza (1/2/8)  Cut cucumber  Fresh fruit	Breaded fish filet served with new potatoes & hidden vegetable ketchup (1/2/6) (V) Jamaican style patty served with a mild spiced dip(1/2/8/10) Green beans & carrots  Chocolate & beetroot brownie (1/5/8)

### Allergens key

Gluten	1
Celery	2
Peanuts	3
Treenuts	4
Egg	5
Fish	6
Crustacea	7
Dairy	8
Soy	9
Mustard	10
Sesame	11
Lupin	12
Sulphur	13
Molluses	14

All meat served on a Tuesday will be Halal certified. All fish and fish products will be sustainably sourced. Local and British grown produce will be given priority whenever seasonally available.

We avoid knowingly purchasing nuts and nut products  
Fresh fruit and seasonal salads served daily

