

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN CHOICES</b>	♥ Chinese Style Chicken Curry & Rice (CG)	Italian Meatballs Wholegrain Pasta Bake & Garlic Bread Slice (CG, M)	BBQ Chicken Pizza Slice (CG, M)	♥ Roast Turkey Yorkshire pudding (CG, E, M)	Fish in Crispy Batter (CG, F)
<b>VEGETARIAN OPTION</b>	✓ Mac 'n' Cheese (CG, M)	♥ ✓ Spicy Singapore Noodles with Jackfruit (CG, S)	✓ Cheese, Onion & Potato Pie (CG, M)	♥ ✓ Rustic Tomato Pasta (CG) Garlic Bread Slice (CG)	✓ Oriental Veggie Pancake Roll (CG, S)
<b>POTATOES &amp; VEGETABLES</b>	Potato Wedges (CG) Fresh Carrots Cauliflower	Buttered Cabbage (may M) Roasted fresh Root Vegetables	Sweet Potato Wedges Baked Beans Fresh Green Salad	Mash Potatoes (may M) Fresh Carrots Green Beans	Chipped Potatoes Garden Peas Sweetcorn kernels Curry Sauce (may CG, M)
<p>Fresh Garden Salad and homemade Coleslaw as an alternative to vegetables                      Baked Potatoes including Cheese, Baked Beans, Tuna - Sandwiches made fresh on site, including Ham, Cheese, Tuna                      Salads - crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, plus Ham, Cheese, Tuna, Hardboiled Egg</p>					
<b>DESSERT</b>	✓ Iced Parsnip & Coconut Cake (CG, E)	✓ Toffee Apple (CG, M) Cobbler & ✓ Custard (M)	✓ Chocolate Crispy Slice (CG)	✓ Old Fashioned Cornflake Tart (CG) & ✓ Custard (M)	✓ Sticky Toffee Pudding & ✓ Custard (CG, E, M)
<p>Fresh Cut Fruit, Sugar Free Jelly and Yoghurts</p>					
<p><b>ALSO AVAILABLE DAILY</b> - Freshly baked Crusty Bread &amp; Sliced Whole meal Bread - Veggie Sticks including Carrot, Cucumber, Celery, Red Pepper  <b>SPECIAL DIET REQUIREMENTS</b> - Please speak to our Catering Manager regarding your specific dietary needs</p>					



### FOOD ALLERGIES AND INTOLERANCES

Before choosing your meal, please speak to a member of the catering staff about your requirements

Celery **C**, Cereals containing Gluten **CG**, Crustaceans **C**, Eggs **E**, Fish **F**, Lupin **L**, Milk **M**, Molluscs **M**, Mustard **M**, Nuts **N**, Peanuts **P**, Sesame Seeds **SS**, Soya **S**, Sulphur Dioxide **SD**

♥ Healthier Option      ✓ Vegan      ✓ Vegetarian  
 🌾 Contains Wholewheat/Wholegrain