

Week Three WINTER				
Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main: Garlic, Lemon & Herby Tomato Chicken (DF)	Meat Main: Sausage Plait (DF)	Meat Main: Roast Gammon with all the trimmings (DF,)	Meat Main: Beef Tagine (DF)	Meat Main Battered Fish (Plain Baked Fish of the day (GF, DF Available)
Vegetarian Main: Roasted Onion & Tomato Pasta(DF,V,VE)	Vegetarian Main: Cheese and Vegetable Plait (DF)	Vegetarian Main: Butternut, Kale, Apricot, Vegan Roast (DF,V,GF,VE)	Vegetarian Main: Sweet Potato & Vegetable Tagine (DF,V, VE)	Vegetarian Main: Vegetable & Chia seed Crispy Nuggets (VE/DF/GF)
Served with: Garlic Bread (GF/DF available) Seasonal Vegetables (V)	Served with: Gravy & Onion Gravy (V,VE,DF) Mash/Creamed Potatoes (DF available) Seasonal Vegetables (V)	Served with: Roast Potatoes (DF) Yorkshire Pudding (GF, DF) Stuffing & Gravy (DF,V,VE) Seasonal Vegetables (DF)	Served with: Flat Bread (V+GF available) Couscous (V+GF available) Seasonal Vegetables(V)	Check Daily Lunch Specials For today
Alternative to main: Jacket Potato (V)) Cheese (Ve available) Baked beans (VE)	Alternative to main: Jacket Potato (V) Cheese (Ve available) Baked beans (VE)	Alternative to main: Jacket Potato (V) Cheese (Ve available) Baked beans (VE)	Alternative to main: Jacket Potato (V) Cheese (Ve available) Baked beans (VE)	Served with: Home -made skin on Chips.(DF,V,VE) Carrots(v) Beans (v) Peas(v)
Soup of the day Served with Homemade Bread(GF available)	Soup of the day Served with Homemade Bread (GF available)	Soup of the day Served with Homemade Bread (GF available)	Soup of the day Served with Homemade Bread(GF available)	Alternative to main: Jacket Potato (V)
Salad Bar –Assorted salads (v)	Salad Bar –Assorted salads	Salad Bar – Assorted salads (v)	Salad Bar – Assorted salads	Cheese (Ve available) Baked Beans (Ve) Soup of the day Served with Homemade Bread (GF available)
Side: Wholemeal bread roll Gluten free wraps available	Side: Wholemeal bread roll Gluten free wraps available	Side: Wholemeal bread roll Gluten free wraps available	Side: Wholemeal bread roll Gluten free wraps available	Salad Bar – Assorted salads(v)
Dessert: Fresh fruit pots, Jelly and Yoghurts	Dessert: Fresh fruit pots, Jelly and Yoghurts	Dessert: Fresh fruit pots, Jelly and yoghurts.	Dessert: Fresh fruit pot, Jelly and Yoghurts	Side: Wholemeal bread roll Gluten free wraps available Desserts Fresh fruit pot, Jelly and Yoghurts
Mid-morning snack Guacamole, Tomato Salsa, Corn-Tortilla Chips	Mid-morning snack Vanilla & Choc Chip Sponge (GF/DF Available)	Mid-morning snack Mini vegetable Falafel & Yogurt Dip (D/F Dip Available)	Mid-morning snack Homemade Granola Bars (GF/DF Available)	Mid-morning snack Cheese Swirls (GF/DF Available)

Dairy and gluten free alternatives will be available daily

GF – Gluten Free V – Vegetarian Ve – Vegan