

Menu

Wk3

Monday

Macaroni cheese

Pasta in cheese sauce

Served with green beans

Gluten free pasta bake

Gluten free pasta in cream sauce

GW


Roasted vegetable quiche

Seasonal roasted vegetable omelette using free range eggs

V

New potatoes

V GW

Apple & blackcurrant pie with custard 

V

Tuesday

Beef casserole with dumplings

Stew beef with garden vegetables in a brown sauce with dumplings

Served with steamed cabbage

Margherita style white fish

Steamed fish topped with cheese & tomatoes

GW

Cottage garden pie

Mushrooms onions, tomatoes & red lentils topped with potato & cheese

V GW

Simply steamed potatoes

V GW

Bread & butter pudding with chocolate topping

V

Wednesday

Chicken pasta with tomato sauce

Succulent strips of chicken, peppers and tomatoes with pasta

Served with broccoli

Gluten free chicken & pasta

Succulent strips of chicken, peppers and tomatoes in gluten free pasta


GW

Lentil burgers

V

Roasted new potatoes

V

Strawberry cheesecake 

Thursday

Lamb & mint sausages

With onion gravy

Gluten free carrot and coriander sausages

With onion gravy

GW

Butternut squash and lentil stew

Pumpkins and marrow in brown lentil stew

Creamed mashed potatoes




Gooseberry crumble with custard

V

Friday

Oven baked Cod

Crispy battered fillet of cod with tartar sauce, lemon wedges

Served with peas/baked beans 

Gluten free salmon

Simply grilled salmon with a hint of seasoning

Served with minted peas

GW

Caribbean patties

Mixed vegetables in Chinese style sauce with smoked tofu

V



Oven Baked potato wedges

GW

V



Vegetarian strawberry jelly with cream

V GW

V = Vegetarian

= Contains Nuts

Va = Vegan



= Contains Dairy products



GW = Gluten and Wheat Free