

Menu

Wk1

Monday

Vegemince lasagne

Soya mince layered with lasagne sheets topped with cheese sauce

Served with mixed green salad

Gluten free hake

Fillet of hake herb crumble

Courgette & mushroom lasagne

Sliced courgette and mushrooms layered with lasagne sheets topped with cheese sauce

V GW

Herbed new potatoes

V GW

Jam & coconut sponge with custard

V GW

Tuesday

Spaghetti Bolognese

Minced beef in Italian tomato sauce

Served with broccoli

Gluten free bolognese

Minced beef in Italian tomato sauce with gluten free pasta

GW



Cauliflower cheese

Florets of cauliflower in a creamy cheese sauce

V

V GW

Strawberry angel whip

V



Wednesday

Lancashire hot pot

Succulent pieces of diced lamb in brown stew sauce topped with potatoes

Served with green cabbage



Gluten free Lancashire hot pot

GW

Vegetable hot pot

Seasonal country style vegetables topped with potatoes

V

Simply steamed new potatoes

V GW

creamy rice pudding with jar

GW



Thursday

Sweet & sour pork with rice

Diced pork in Chinese style sweet & sour sauce

Served with green beans

Gluten free sweet & sour pork

Topped with crushed potatoes

GW

Cheese & tomato flan

Free range egg savoury batter filled with cheese & tomatoes

V

Brown rice

V GW



Lemon sponge with custard

V

Friday

Oven baked cod

Crispy battered fillet of cod with tartar sauce, lemon wedges

Served with minted peas

Gluten free grilled salmon

Mushroom & spinach cheddar wrap

Spicy vegetables wrapped in tortilla topped with cheese

Oven baked potatoes

Jam tart with cream

In addition to our menu we also serve:

a selection of Seasonal fruits, some whole and some semi-prepared, a selection of locally baked breads, a variety of salads including crudités and natural items without dressings or mayonnaise, yoghurts from Surrey farms, a range of cold meats and cheeses, daily jacket potatoes, chef made dressings and a self help vegetable station

Menu

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V = Vegetarian

Vg = Vegan

GW = Gluten and Wheat Free

 = **Contains Dairy products**

 = **Contains Nuts**

