

MENU PLAN WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	CHILLI TACO WITH CHEDDAR CHEESE & BISTRO SALAD (NF)	BOLOGNASIE SAUCE WITH & TRI COLOUR PASTA & GARLIC BREAD SLICE	ROAST BEEF = WITH YORKSHIRE PUDDING AND ROAST GRAVY	SWEET & SOUR CHICKEN WITH EGG FRIED RICE (GF) (NF)	FRIED FISH WITH FRENCH FRIES AND GARDEN PEAS (NF) (DF)
ALLERGENS :	CHILLI NO TACO (GF) (NF)((DF)	BOLOGNASIE (NO PASTA)SAUCE (GF) (DF)(NF)	ROAST BEEF – NO YORKSHIRE (GF) (NF) (DF)	JACKET POTATO, BEANS (GF) (NF) (DF)	GLUTEN FREE PIZZA (DF) (NF)
MAIN MEAL	VEGETABLE PASTA BAKE WITH SPINICH & PEPPER	TANDOORI CHICKEN (GF)(NF) WITH NAN BREAD AND PILAU RICE	CLASSIC LASANGE WITH GARLIC BREAD SALAD	TOAD IN THE HOLE	ROASTED RED PEPPER QUICHE
	GARLIC BREAD AND BISTRO SALAD		VEGETABLE LASANGE	VEGETALBE RICE	ITALIAN STYLE PANNINI WITH FRENCH FRIES
VEGETARAIN OPTION	PASTA BAKE	VEGETABLE BOLOGNAISE	VEGETABLE LASAGNE	VEGETABLE STIR FRY	ROAST RED PEPPER QUICHE
POTATO CHOICE	JACKET POTATO	JACKET POTATO	JACKET POTATO ROAST POTATO	JACKET POTATO MINTED BABY POTATO	JACKET POTATO FRENCH FRIES
GF- GLUTEN FREE					
DF – DAIRY FREE					
NF- NUT FREE					
DESSERTS	SURUP SPONGE & CUSTARD SAUCE	SUMMER FRUIT CRUMBLE	BANOFFE PIE	MARBLE CAKE & CUSTARD SAUCE	CHOCOLATE SPONGE /SAUCE