

[WEEKLY MENU]



Week 1

Weeks Commencing:



Main Dish
of the
Day

Vegetarian
Dish of the
Day

Vegetable
Choice

Dessert of
the Day

Jacket
Potato Bar

Cold
Selection

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken in a Tomato & Basil Sauce	Chicken Fillet & Gravy	Roast Chicken & Roast Gravy	Chicken Curry (CE)	GF Breaded Baked Fish with Tomato Ketchup (F)
GF Roasted Tomato & Basil Pasta (CE SO*)	Roasted Vegetables & Gravy	Jacket Potato & Baked Beans	Vegetable Curry (CE)	Jacket Potato & Baked Beans
GF Penne Pasta (SO*) Roasted Medley of Vegetables	DF Mash Potato Carrots Green Beans	Baby Roast Potatoes Medley of Seasonal Vegetables	Vegetable Rice	Chips Beans Peas
Fruity Jelly	Fruit Salad	Fruit Jelly	Fresh Fruit Salad	Ice Fruit Lolly
See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Salad Bar Homemade Bread (G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (G, SO, MK) Fresh Fruit	Salad Bar Homemade Bread (G, SO, MK) Fresh Fruit

Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds * = May Contain

ALLERGY Free - LONDON

