

[WEEKLY MENU]



Week 3

Weeks Commencing:



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Sticky BBQ Chicken	Beef Meatballs in a Rich Tomato Sauce (CE)	Roast Gammon/ Turkey or Pork & Roast Gravy	Jerk Chicken	GF Breaded Baked Fish with Tomato Ketchup (F)
Vegetarian Dish of the Day	Jacket Potato & Baked Beans	GF Tomato & Basil Pasta (CE, SO*)	Roasted Vegetables	Jerk Vegetable Curry (CE)	Jacket Potato & Baked Beans
Vegetable Choice	Wedges Peas Carrots	GF Pasta (SO*) Green Salad	Baby Roast Potatoes Medley of Seasonal Vegetables	Vegetable Rice (CE)	Chips Beans Peas
Dessert of the Day	Fresh Fruit Salad	Fruity Jelly	Fresh Fruit Salad	Fruity Jelly	Ice Fruit Lolly
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Salad Bar Homemade Bread (G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (G, MK, SO) 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