

# [WEEKLY MENU]



Week 1

Week Commencing: Mon 8th Jan - Mon 29th Jan - Mon 26th Feb - Mon 18th Mar



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	BBQ Jerk Chicken	Beef Burger & Homemade Potato Wedges (G, SE*, SO)	Roast Turkey & Gravy	Chicken and Tomato Basil Pasta (G, MK)	Fish Fingers & Chips (F, G)
Vegetarian Dish of the Day	Jerk Vegetable Curry (G*)	Vegetable Bean Burger & Homemade Potato Wedges (G, SE*)	Root Vegetable Wellington (CE, E, G)	Tomato & Basil Pasta (CE, G)	Vegan Nuggets & Chips (G)
Vegetable Choice	Rice & Peas with Seasonal Vegetables	Baked Beans or Coleslaw (E, MU)	Rustic Roast Potatoes & Medley of Seasonal Vegetables	Garlic Bread and Green Salad (G, MK)	Beans or Peas
Dessert of the Day	Banana Sponge with Vanilla Sauce (E, G, MK)	Fruit Jelly	Iced Vanilla Sponge (E, G)	Shortbread Biscuit (G)	Ice Cream (MK)
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 (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, 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

St Gildas/St Peters





# [WEEKLY MENU]



Week 2

Week Commencing: Mon 15th Jan - Mon 5th Feb - Mon 4th Mar - Mon 25th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Spaghetti Beef Bolognese (G)	Pepperoni Pizza (G, MK)	Roast Beef & Gravy	Mild Chicken Tikka Masala & Rice (CE, G*, MK)	Battered Fish & Chips (F, G)
Vegetarian Dish of the Day	Vegetable Bolognese with Spaghetti (CE, G)	Veggie Supreme Pizza (G, MK)	Winter Vegetable Quiche & Nut Free Pesto (E, G, MK)	Vegetable & Lentil Dhal Rice (CE, G*)	Homemade Vegan Sausage Roll & Chips (G)
Vegetable Choice	Garlic Bread and Green Salad (G, MK)	Seasoned Potato Wedges & Sweetcorn	Rustic Roast Potatoes & Seasonal Vegetables	Seasonal Vegetables	Beans or Peas
Dessert of the Day	Lemon Drizzle Cake (E, G, SU)	Fruit Jelly	Classic Jam Sponge & Custard (E, G, MK, SO*)	Selection of Fruit Mousse (MK)	Chocolate Orange Sponge with Chocolate Sauce (E, G, MK, SO)
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 (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit



St Gildas/St Peters

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# [WEEKLY MENU]



Week 3

Week Commencing: Mon 22nd Jan - Mon 19th Feb - Mon 11th Mar



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Butchers Sausage & Crushed Potato with Gravy (CE, G, MK, SO, SU)	Sweet & Sour Chicken (CE)	Roast Chicken & Gravy	Beef Lasagne (E*, G, MK)	Fish Fingers & Chips (F, G)
Vegetarian Dish of the Day	Veggie Sausage & Crushed Potato with Gravy (G, MK)	Vegetable Chow Mein (CE*, E, G, MU*, SO)	Roasted Vegetable Filo Parcel & Tomato Sauce (CE, G)	Mac & Cheese (G, MK)	Margherita & Chips (G, MK)
Vegetable Choice	Seasonal Greens	Steamed Rice & Stir Fried Greens	Rustic Roast Potatoes & Seasonal Vegetables	Green Salad or Coleslaw (E, MU)	Beans or Peas
Dessert of the Day	Forest Fruit Traybake (E, G, MK*)	Fruit Jelly	Apple Crumble & Custard (G, MK)	Fruity Flapjack (G)	Double Chocolate Chip Cookie (E, G, MK, SO)
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 (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit

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