

[WEEKLY MENU]



Week 3

Weeks Commencing: Mon 9th May - Mon 6th Jun - Mon 27th Jun - Mon 18th Jul



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Beef Bolognaise	Caribbean Turkey Curry (CE)	Roast Beef + Roast Gravy	Sweet + Sour Turkey (CE)	GF Baked Battered Fish with Tomato Ketchup (F)
Vegetarian Dish of the Day	Baked Vegetable Risotto (CE)	Caribbean Vegetable + Quorn Curry (CE, E)	Cherry Tomato + Spinach GF Pasta (CE, SO*)	GF Stir-Fry Vegetables (CE)	GF Italian Vegetable Pasta Bake (CE, SO*)
Vegetable Choice	GF Pasta Carrot + Peas	Rice + Peas (CE) Green Beans + Carrots	Baby Roast Potatoes Savoy Cabbage + Cauliflower	Steamed Rice, Sweetcorn + Broccoli	Chips Baked Beans Seasonal Vegetables
Dessert of the Day	Strawberry Mousse (MK)	Fresh Fruit Salad	Summer Fruit Compote	Fresh Fruit Salad	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 Breads (SO) Fresh Fruit Salad	Salad Bar Homemade Breads (SO) Fresh Fruit Salad	Salad Bar Homemade Breads (SO) Fresh Fruit Salad	Salad Bar Homemade Breads (SO) Fresh Fruit Salad	Salad Bar Homemade Breads (SO) Fresh Fruit Salad

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

GLUTEN FREE
NEWHAM

