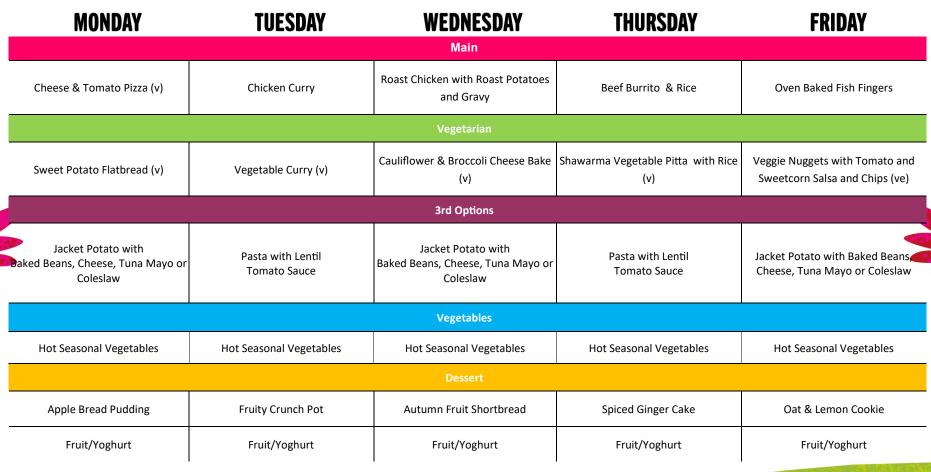
Allergy information available on request



Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

04/11 25/11 16/12 06/01 27/01 17/02 10/03 31/03









WFFI

Allergy information available on request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main				
Chinese Noodle Stir Fry (v)	Chicken Sausage & Mash with Gravy	Roast Chicken with Roast Potatoes and Gravy	Crunchy Chicken Pie & Rice	Fish Fingers with Chips
Vegetarian				
Spicy Bean Enchiladas (v)	Veggie Sausage & Mash with Gravy	Sticky Tomato Tart with Roast Potatoes	Chickpea & Sweet Potato Curry & Rice	Crispy Nuggets & Salsa with Chips (v)
3rd Options				
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Lentil Tomato Sauce	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Lentil Tomato Sauce	Jacket Potato with Baked Beans, Chees <mark>e</mark> , Tuna Mayo or Coleslaw
Vegetables				
Hot Seasonal	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables
Dessert				
Fruity Sponge Oat Crumble	Fruity Yoghurt Trifle	Cinnamon Apple Cake	Pear Upside Down Pudding	Chocolate Cookie
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt
Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.				

11/11 02/12 23/12 13/01 03/02 24/02 17/03









WEEK 2



18/11 09/12 30/12 20/01 10/02 03/03 24/03 WEDNESDAY MONDAY TUESDAY THURSDAY FRIDAY Main Meat Feast Pizza with Red Onion **Roast Chicken with Roast Potatoes** Mac & Cheese (v) Potato Topped Beef & Onion Pie **Oven Baked Fish Fingers with Chips** Salad and Gravy Vegetarian Cheese & Tomato Pizza with Red Loaded Five Bean Chilli with Roast Meatless Meatballs with Mash & Vegetable Tray Bake (v) Veggie Sausage Roll & Chips Onion Salad v) Potatoes (v) Gravy (v) **3rd Options** Jacket Potato with Jacket Potato with Baked Beans, Pasta with Lentil Pasta with Lentil Jacket Potato with Baked Beans, Baked Beans, Cheese, Tuna Mayo or Cheese, Tuna Mayo or Coleslaw Tomato Sauce Tomato Sauce Cheese, Salmon Mayo or Coleslaw Coleslaw Vegetables Hot Seasonal Vegetables Dessert Apple & Rhubarb Crumble with **Eaysio Fruit Mousse** Fruit Autumn Fruit Traybake Carrot Cake **Gingerbread Selection** Custard Fruit/Yoghurt Fruit/Yoghurt Fruit/Yoghurt Fruit/Yoghurt Fruit/Yoghurt Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day. SOLA FOOD FOR LIFE CATERING MAR FOR BODY AND BRA