



## Seasonal Menu - Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>the MAIN event</b>	Chilli con carne with grated carrot, courgette, and rice	Turkey and mixed vegetable stew with dumplings (G)	Fish pie with sweetcorn and peas (F)	Courgette, pea, broccoli, and carrot casserole with couscous (G)	Chicken and mixed vegetable and pepper curry
<b>with Sweet Treats</b>	Apple and pear crumble with custard (M,G)	Rice pudding and jam (M)	Lemon crunch with ice cream or custard (G,M,E)	Cherry shortbread (M,G)	Banana cake (E,G,M)
<b>the BIG one</b>	Ham, sweetcorn and pepper pasta (G)	Assorted sandwiches with veg sticks (F,E,M,S,G)	Pepper pizza with cucumber sticks (G,M)	Baked bean lasagne (G,M)	Cheesy mash and baked beans (M)
<b>and something to finish</b>	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)	Selection of fruit or yogurt (M)

### Key:

<b>S</b> = Soya	<b>F</b> = Fish	<b>N</b> = Nuts	<b>G</b> = Gluten / Wheat	<b>Mo</b> = Molluscs
<b>M</b> = Milk	<b>L</b> = Lupin	<b>P</b> = Peanuts	<b>Cr</b> = Crustaceans	<b>Mo</b> = Molluscs
<b>SD</b> = Sulphur dioxide	<b>SS</b> = Sesame seeds	<b>E</b> = Egg	<b>Mu</b> = Mustard	<b>C</b> = Celery

All allergies and preferences are catered for.