

This Week's MENU

WEEK
ONE

	MONDAY 2 ND MARCH	TUESDAY 3 RD MARCH	WEDNESDAY 4 TH MARCH	THURSDAY 5 TH MARCH	FRIDAY 6 TH MARCH
SOUP OF THE DAY **	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>
MAIN COURSE	Cheese & Ham Omelette with Oven Cooked Wedges <i>(Egg, Milk)</i>	Chicken Mayo Wrap with Corn on the Cob <i>(Wheat, Egg, Milk, Mustard)</i>	Macaroni Cheese with Garlic Bread <i>(Wheat, Milk, MC Soy)</i>	Steak Pie with Potatoes & Seasonal Veg Puff Pastry <i>(Celery, Gluten, Soy)</i>	Fish Fingers & French Fries with Peas or Beans <i>(Fish, Soy)</i>
SENIOR SPECIAL	Cheese Burger or <i>(Wheat, Milk, MC Sesame, Soy, Sulphites)</i> Chicken Burger with Oven Cooked Wedges <i>(Celery, Wheat, Eggs, Milk, MC Mustard, MC Sesame, Soy)</i>	Cheese or Cheese & Ham Omelette with Corn of the Cob <i>(Egg, Milk)</i>	Chicken & Ham Pizza Or Cheese & Tomato Pizza <i>(Wheat, Milk, MC Soy)</i>	Ham & Cheese Bagel with Corn on the Cob <i>(Wheat, Barley, MC Sesame)</i>	Macaroni Cheese with Garlic Bread <i>(Wheat, Milk, MC Soy)</i>
MEAT FREE	Cheese Omelette with Oven Cooked Wedges <i>(Egg, Milk)</i>	Veggie Nugget Wrap with Corn on the Cob <i>(Wheat, Milk, Soy)</i>	Macaroni Cheese with Garlic Bread <i>(Celery, Wheat, MC Milk, Soy)</i>	Veggie Sausage & Mash <i>(Wheat, Milk)</i>	Veggie Nuggets & French Fries Peas or Beans <i>(Wheat, Soy)</i>
NO FUSS PASTA	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>

- DAILY OFFERINGS -

Baked Potatoes - Served With Hot or Cold Fillings *(Milk)* , **Deli Bar** – Mixed Salad Items, A Selection Of Filled Rolls, Egg Mayo *(Egg)* Tuna Mayo *(Fish, Egg)*, Cheese *(Milk)* and Additional Fillings, Fruit, Jelly, Yoghurts *(Milk)*

- ** Please Ask a Member of Staff about the Daily Soup Offering.

This Week's MENU

WEEK
TWO

	MONDAY 9 TH MARCH	TUESDAY 10 TH MARCH	WEDNESDAY 11 TH MARCH	THURSDAY 12 TH MARCH	FRIDAY 13 TH MARCH
SOUP OF THE DAY **	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>
MAIN COURSE	Chicken Goujons with Beans & Oven Cooked Wedges <i>(Wheat, Egg, Milk, Mustard, Soy)</i>	Chicken Fried Rice with Curry Sauce and Prawn Crackers <i>(Wheat, Crustaceans, Mustard, Soy, Sulphite)</i>	Beef Lasagne and Garlic Bread <i>(Wheat, Egg, Milk, Mustard, Soy)</i>	Beef Stew with Mash <i>(Celery, Wheat, Milk)</i>	Fish Fingers & French Fries with Peas or Beans <i>(Fish, Soy)</i>
SENIOR SPECIAL	Southern Fried Chicken Goujons & Oven Cooked Wedges <i>(Celery, Wheat, Egg, Milk, Mustard, Soy)</i>	Chinese Chicken Curry with Boiled Rice <i>(Wheat, Mustard)</i>	Pasta Bolognese and Garlic Bread <i>(Wheat, Egg, MC Milk, Mustard, Soy)</i>	Scotch Beef Pie with Beans and Oven Baked Wedges <i>(Wheat, MC Tree Nuts Soy)</i>	Breaded Fish & French Fries with Peas or Beans <i>(Wheat, Fish, Soy)</i>
MEAT FREE	Veggie Nugget Wrap & Oven Cooked Wedges <i>(Wheat, Egg)</i>	Chinese Vegetable Curry with Boiled Rice and Prawn Crackers <i>(Wheat, Crustaceans, Mustard, Soy, Sulphite)</i>	Veg Lasagne and Garlic Bread <i>(Wheat, Egg, Milk, Mustard, Soy)</i>	5 Bean Stew with Mash <i>(Celery, Wheat, Milk)</i>	Veggie Nuggets & French Fries Peas or Beans <i>(Wheat, Soy)</i>
NO FUSS PASTA	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>

- DAILY OFFERINGS -

Baked Potatoes - Served With Hot or Cold Fillings *(Milk)* , **Deli Bar** – Mixed Salad Items, A Selection Of Filled Rolls, Egg Mayo *(Egg)* Tuna Mayo *(Fish, Egg)*, Cheese *(Milk)* and Additional Fillings, Fruit, Jelly, Yoghurts *(Milk)*

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This Week's MENU

WEEK
THREE

	MONDAY 16 TH MARCH	TUESDAY 17 TH MARCH	WEDNESDAY 18 TH MARCH	THURSDAY 19 TH MARCH	FRIDAY 20 TH MARCH
SOUP OF THE DAY **	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>
MAIN COURSE	Sausage Roll with Beans and Oven Cooked Wedges <i>(Wheat, Milk, Soy Sulphites)</i>	Pasta with Meatballs and Garlic Bread <i>(Celery, Wheat, Soy)</i>	Mince & Tatties with Peas <i>(Celery, MC Egg, Milk, MC Mustard, Soy)</i>	Cheese & Ham Pizza with Oven Cooked Wedges <i>(Wheat, Milk, MC Soy)</i>	Fish Fingers & French Fries with Peas or Beans <i>(Fish, Soy)</i>
SENIOR SPECIAL	Cheese Burger with French Fries <i>(Wheat, Milk, MC Sesame, Soy, Sulphite)</i>	Cheese & Tomato Pizza or Chicken Pizza <i>(Wheat, Milk, MC Soy)</i>	Meatball Sub with Oven Cooked Wedges <i>(Celery, Wheat, Milk, Soy)</i>	Hot Dogs with Caramelised Onions and Corn on the Cob <i>(MC Celery, Wheat, Milk, MC Mustard, MC Sesame)</i>	Chicken Tikka Curry with Naan Bread <i>(Wheat, Milk, Mustard)</i>
MEAT FREE	Veggie Sausage Roll with Beans and Oven Baked Wedges <i>(Wheat, Oats, Sulphite)</i>	Spaghetti with Tomato Sauce and Garlic Bread <i>(Celery, Wheat, MC Milk, Soy)</i>	Veggie Sausage & Mash <i>(Wheat, Milk)</i>	Cheese & Tomato Pizza with Oven Cooked Wedges <i>(Wheat, Milk, MC Soy)</i>	Veggie Nuggets & French Fries Peas or Beans <i>(Wheat, Soy)</i>
NO FUSS PASTA	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>

- DAILY OFFERINGS -

Baked Potatoes - Served With Hot or Cold Fillings *(Milk)* , **Deli Bar** – Mixed Salad Items, A Selection Of Filled Rolls, Egg Mayo *(Egg)* Tuna Mayo *(Fish, Egg)*, Cheese *(Milk)* and Additional Fillings, Fruit, Jelly, Yoghurts *(Milk)*

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This Week's MENU

WEEK
FOUR

	MONDAY 23 RD MARCH	TUESDAY 24 TH MARCH	WEDNESDAY 25 TH MARCH	THURSDAY 26 TH MARCH	FRIDAY 27 TH MARCH
SOUP OF THE DAY **	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>	A Choice of Two Soups With Fresh Bread / Roll <i>(MC Celery, Wheat)</i>
MAIN COURSE	Cheese Burger with Oven Cooked Wedges <i>(Wheat, Milk, MC Sesame, Soy, Sulphites)</i>	Chicken Tikka Curry with Boiled Rice <i>(Wheat, MC Milk)</i>	Roast Turkey with Potatoes & Seasonal Veg	Cheese and Ham Melt with Oven Cooked Wedges <i>(Wheat, Milk)</i>	Fish Fingers & French Fries with Peas or Beans <i>(Fish, Soy)</i>
SENIOR SPECIAL	Crispy Chicken Baguette with Corn on the Cob <i>(Wheat, Egg, Milk, Mustard)</i>	Chicken Fried Rice with Curry Sauce and Prawn Crackers <i>(Wheat, Egg, Crustaceans, Mustard, Soy)</i>	Steak Pie with Potatoes & Seasonal Veg Puff Pastry <i>(Celery, Gluten, Soy)</i>	Giant Yorkie with Sausage, Mash and Gravy <i>(Wheat, Egg, Milk, Soy, Sulphites)</i>	Breaded Fish & French Fries with Peas or Beans <i>(Wheat, Fish, Soy)</i>
MEAT FREE	Veggie Burger with Oven Cooked Wedges <i>(Wheat, MC Sesame)</i>	Vegetable Tikka Curry with Boiled Rice <i>(Wheat, MC Milk, Mustard)</i>	Veggie Sausage with Potatoes & Seasonal Veg <i>(Gluten, Eggs, Milk, Soy)</i>	Cheesy Melt Petit Pain with Oven Baked Wedges <i>(Wheat, Milk)</i>	Veggie Nuggets & French Fries Peas or Beans <i>(Wheat, Soy)</i>
NO FUSS PASTA	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>	Plain Pasta <i>(Wheat)</i> Tomato Pasta <i>(Celery, Wheat)</i>

- DAILY OFFERINGS -

Baked Potatoes - Served With Hot or Cold Fillings *(Milk)* , **Deli Bar** – Mixed Salad Items, A Selection Of Filled Rolls, Egg Mayo *(Egg)* Tuna Mayo *(Fish, Egg)*, Cheese *(Milk)* and Additional Fillings, Fruit, Jelly, Yoghurts *(Milk)*

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