

WINTER MENU

Week One



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<p>Chinese chicken curry Spring roll</p> <p>Rice & broccoli</p> <p>G MS</p>	<p>Sausage or bacon breakfast</p> <p>Hash brown & baked beans</p> <p>G S SD (GF)</p>	<p>Roast Chicken</p> <p>Roast potatoes, peas & carrots</p>	<p>Minced Beef</p> <p>Creamed potatoes & farmhouse mixed veg</p>	<p>Fish fingers & chips</p> <p>Garden or mushy peas</p> <p>G F</p>
VEGETARIAN	<p>Chinese vegetable curry Spring roll</p> <p>Rice & broccoli</p> <p>G MS</p>	<p>Sausages with hash brown & baked beans</p> <p>G</p>	<p>Swansfield 'Fab 5' Pasta</p> <p>C G (GF)</p>	<p>Quorn mince</p> <p>Creamed potatoes & farmhouse mixed veg</p> <p>S</p>	<p>Cheese panini & chips</p> <p>Garden or mushy peas</p> <p>G S D</p>
OPTIONAL SIDE		<p>Bread bun G S Scrambled egg E D</p>	<p>Stuffing (with the roast)</p> <p>G</p>	<p>Yorkshire pudding</p> <p>G D E</p>	
EXTRA CHOICE	<p>Jacket potato with tuna mayo</p> <p>F E</p>	<p>Jacket potato with cheese & beans</p> <p>D</p>	<p>Jacket potato with tuna mayo</p> <p>F E</p>	<p>Jacket potato with cheese & beans</p> <p>D</p>	<p>Egg or ham sandwich</p> <p>Chips & salad</p> <p>E G S (GF)</p>
DESSERT	<p>Melting moments</p> <p>G</p>	<p>Strawberry Whip</p> <p>D</p>	<p>Flapjack</p> <p>G</p>	<p>Steamed chocolate sponge & chocolate sauce</p> <p>G D</p>	<p>Pudding of the week</p>

All our food is freshly cooked on site. We use local suppliers for meat, fruit and vegetables.

Jelly, yoghurt and fruit are available daily for dessert.

Menu subject to change at short notice depending on stock availability.

ALLERGY CODE:

G : Gluten • (GF) : Gluten Free available • D : Dairy • E : Eggs • MS : Mustard • F : Fish S : Soya • N : Nuts • L : Lupin • MC : Molluscs • C : Celery • P : Peanuts • SS : Sesame Seeds • SD : Sulphur Dioxide