

[WEEKLY MENU]



Week 1

Week Commencing: Mon 1st Jan - Mon 22nd Jan - Mon 19th Feb - Mon 11th Mar



Main Dish
of the
Day

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	BBQ Chicken	Bunless Homemade Beef Burger	Roast Turkey & Gravy	Chicken and Tomato GF Penne Pasta	GF Fish Fingers & Chips (F)
Vegetarian Dish of the Day	Caribbean Vegetable Curry	Bunless Chickpea & Spinach Burger	Jacket Potato with DF Cheese	Tomato & Basil GF Penne Pasta	Jacket Potato with DF Cheese
Vegetable Choice	Rice & Peas with Seasonal Vegetables	Baked Beans & Seasoned Potato Wedge	Rustic Roast Potatoes & Medley of Seasonal Vegetables	Green Salad	Beans or Peas
Dessert of the Day	Fruit Jelly	GF Shortbread	Fruit Pot	Fruit Jelly	Ice Fruit Lolly
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 Fresh Fruit	Salad Bar Fresh Fruit	Salad Bar Fresh Fruit	Salad Bar Fresh Fruit	Salad Bar Fresh Fruit

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

Elmstead Wood -
Allergy Free



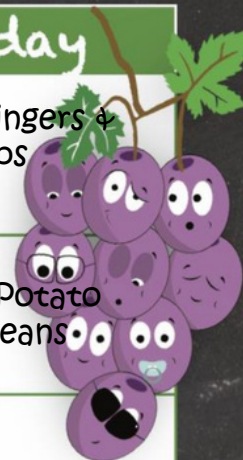
[WEEKLY MENU]



Week 2

Week Commencing: Mon 8th Jan - Mon 29th Jan - Mon 26th Feb - Mon 18th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Beef Bolognese with GF Pasta	GF/DF Chicken Pizza	Roast Beef & Gravy	Chicken Curry & Rice	GF Fish Fingers & Chips (F)
Vegetarian Dish of the Day	Veggie Bolognese with GF Pasta	GF/DF Margherita Pizza	Cauliflower Steak	Vegetable Curry & Rice	Jacket Potato with Beans
Vegetable Choice	Green Salad	Seasoned Potato Wedges & Sweetcorn	Rustic Roast Potatoes & Seasonal Vegetables	Seasonal Vegetables	Beans or Peas
Dessert of the Day	Fruit Jelly	GF Shortbread	Fruit Pot	Fruit Jelly	Ice Fruit Lolly
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 Fresh Fruit	Salad Bar Fresh Fruit	Salad Bar Fresh Fruit	Salad Bar Fresh Fruit	Salad Bar Fresh Fruit



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Week 3

Week Commencing: Mon 15th Jan - Mon 5th Feb - Mon 4th Mar - Mon 25th Mar



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	GF Sausage with DF Crushed Potatoes (SU)	Stir Fried Chinese Chicken	Roast Chicken & Gravy	Beef Pasta Bake with DF Cheese	GF Fish & Chips (F)
Vegetarian Dish of the Day	Roasted Vegetable Cottage Pie	Stir Fried Vegetables (CE)	Jacket Potato with DF Cheese	DF Cheesy Pasta (CE)	GF/DF Margherita Pizza
Vegetable Choice	Seasonal Greens	Steamed Rice & Stir Fried Greens	Rustic Roast Potatoes & Seasonal Vegetables	Green Salad or Vegan Coleslaw	Chips & Beans or Peas
Dessert of the Day	Fruit Jelly	GF Shortbread	Fruit Pot	Fruit Jelly	Ice Fruit Lolly
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 Fresh Fruit	Salad Bar Fresh Fruit	Salad Bar Fresh Fruit	Salad Bar Fresh Fruit	Salad Bar Fresh Fruit

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