

Weekly Menu: Ro Week 1 Sept 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Chicken Tikka, Roasted Veg and Rice	Lasagne	Roast Turkey	Meatballs with Pasta	Cheese and Tomato Pizza and Chips
Mushroom & Vegetable Chow Mein	Veg Risotto	Vegetarian Roast	Vegetarian Meatballs	Jacket Potato With Cheese
Jacket Potato With Cheese	Cheese Baguette with Salad	Jacket Potato With Cheese	Cheese Baguette with Salad	Jacket Potato With Beans
Jacket Potato With Beans	Tuna Mayonnaise Baguette with Salad	Jacket Potato With Beans	Tuna Mayonnaise Baguette with Salad	Jacket Potato With Tuna
Jacket Potato With Tuna	Ham Baguette with Salad	Jacket Potato With Tuna	Ham Baguette with Salad	
Dessert	Dessert	Dessert	Dessert	Dessert
Fruit Crumble And Cream	Lemon Sponge	Chocolate Brownie	Jelly and Ice Cream	Shortbread
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot

Allergens

Mushroom & Vegetable Chow Mein: **Cereals containing gluten, Eggs**; Chicken Tikka, Roasted Veg and Rice: **Milk**; Roast Turkey : **No allergens**; Chocolate Brownie: **Cereals containing gluten, Eggs, Milk**; Meatballs with Pasta : **Cereals containing gluten**; Vegetarian Meatballs: **Cereals containing gluten**; Vegetarian Roast: **Cereals containing gluten**; Lemon Sponge: **Cereals containing gluten, Eggs, Milk**; Jelly and Ice Cream : **Milk**; Shortbread : **Cereals containing gluten, Milk**; Lasagne: **Celery, Cereals containing gluten, Eggs, Milk, Mustard**; Veg Risotto : **No allergens**; Jacket Potato With Cheese : **Milk**; Jacket Potato With Tuna : **Fish**; Yogurt : **Milk**; Tuna Mayonnaise Baguette with Salad : **Cereals containing gluten, Fish, Milk**; Ham Baguette with Salad: **Cereals containing gluten**; Cheese Baguette with Salad: **Cereals containing gluten, Milk**; Cheese and Tomato Pizza and Chips: **Cereals containing gluten, Milk**