

Weekly Menu: Ro Week 3 Sept 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Fish Fingers, Veg & Spuds	Chicken Fajitas	Roast Pork & Apple Sauce	Sweet And Sour Chicken With Rice	Sausage & Chips
Lentil Bolognese	Veg Chilli	Veg And Spinach Balti	Cheese & Potato Pie	Vegetarian Sausage With Gravy
Jacket Potato With Tuna	Cheese Baguette with Salad	Jacket Potato With Tuna	Cheese Baguette with Salad	Jacket Potato With Tuna
Jacket Potato With Beans	Ham Baguette with Salad	Jacket Potato With Beans	Ham Baguette with Salad	Jacket Potato With Beans
Jacket Potato With Cheese	Tuna Mayonnaise Baguette with Salad	Jacket Potato With Cheese	Tuna Mayonnaise Baguette with Salad	Jacket Potato With Cheese
Dessert	Dessert	Dessert	Dessert	Dessert
Apple Sponge Pudding	Flapjack	Cheese & Biscuits	Chocolate Pear Pudding	Mousse
Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot	Fresh Fruit Pot

Allergens

Fish Fingers, Veg & Spuds: **Cereals containing gluten, Fish**; Lentil Bolognese: **No allergens**; Roast Pork & Apple Sauce: **No allergens**; Cheese & Biscuits: **Cereals containing gluten, Milk**; Cheese & Potato Pie: **Milk**; Chocolate Pear Pudding: **Cereals containing gluten, Eggs, Milk**; Sausage & Chips: **Cereals containing gluten**; Mousse: **Eggs, Milk**; Chicken Fajitas: **Cereals containing gluten**; Sweet And Sour Chicken With Rice: **No allergens**; Veg Chilli: **No allergens**; Veg And Spinach Balti: **No allergens**; Vegetarian Sausage With Gravy: **Cereals containing gluten**; 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**