School Menu Week 3 Standard

		Gluten	Milk	Egg	Soya	Fish	Sulphur Dioxide	Celery	Mustard	Crustaceans	Mollusc	Nuts	Peanuts	Sesame Seeds	Lupin
MENU 3															
Monday	Simply Chicken														
	Brown Rice														
	Grated Cheese		✔												
	Mexican Beanie Burger	✔			✔										
	Bread Roll	✔													
	Jacket Wedges														
	Tomato Ketchup														
	Iceberg & Carrot														
	Black Cherry Yoghurt		✔												
	Pineapple Pieces														
Tuesday	Speldhurst Sausages in Gravy	✔			✔		✔								
	Baked Beans														
	Mashed Potato														
	Quorn Meatballs in Sauce	✔	✔	✔											
	White Rice														
	Grated Mozzarella		✔												
	Broccoli, Carrots & Peas														
	Hob Nob Cookie	✔	✔	✔			✔								
	Mandarins														
Wednesday	Chicken Makhani		✔												
	Salmon Makhani		✔			✔									
	White Rice														
	Naan Bread	✔	✔												
	Creamy Pesto & Mascarpone		✔												
	Cavatappi Pasta	✔													
	Grated Cheese		✔												
	Sweetcorn & Red Peppers														
	Blueberry Muffin	✔	✔	✔											
Thursday	Roast Beef in Gravy				✔										
	Quorn Fillet in Gravy			✔	✔										
	Yorkshire Pudding	✔	✔	✔											
	Roast Potatoes	✔													
	Vegetable Tikka Masala		✔												
	White Rice														
	Seasonal Vegetables														
	Brownie	✔	✔	✔											
	Strawberry Ice Cream		✔												
Friday	Creamy Bacon & Pesto		✔												
	Cavatappi Pasta	✔													
	Jacket Potato														
	Baked Beans														
	Grated Cheese		✔												
	Tomato & Cucumber														
	Juicy Lucy Fruit Crumble	✔													
	Vanilla Custard		✔												