

WINTER MENU

Week Three



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Penne Carbonara Peas G D (GF)	Pork meatballs Provencale Rice G E S	Roast Chicken Roast potatoes & farmhouse vegetables	Sausages Creamed potatoes, carrots & broccoli G SD (GF)	Pepperoni Pizza Chips, beans & salad G D (GF)
VEGETARIAN	Swansfield 'Fab 5' Pasta Peas G C (GF)	Vegan meatballs Provencale Rice G S	Quiche Roast potatoes & farmhouse vegetables G D E	Vegetarian sausages Creamed potatoes, carrots & broccoli G	Veggie Burger Chips, beans & salad S G MS
OPTIONAL SIDE	Garlic Bread G S	French Stick G S	Yorkshire Pudding (with roast) G D E		
EXTRA CHOICE	Jacket potato with tuna mayo F E	Jacket potato with cheese & beans D	Jacket potato with tuna mayo F E	Jacket potato with cheese & beans D	Egg or ham sandwich Chips & salad E G S (GF)
DESSERT	Cookie with apple juice G D	Sticky toffee pudding & custard G D	School cake G D E	Semolina with strawberry sauce D G	Pudding of the week

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 • (G) : 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