

MENU FOR W/C 15-19 March

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack AM	Fruit selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection
Extras	Cheese M				
Meat Option	Lamb Bolognese	Chicken Curry S	Jacket Potato Bar	Roast lamb with mint sauce and gravy	Crispy fish with tartare sauce F
Veg Option	Veg Bolognese style	Dhal with rice	Various M	Vegetable lasagne G, M	Vegetable nuggets G
Veg/Potatoes	Spaghetti, carrots G	Saute potatoes, Sweetcorn	Baked beans S	Roast new potatoes, broccoli	Chips, peas
Dessert	Fruit crumble with custard G, M	Flapjack G	Chocolate sponge + chocolate sauce G, E, M	Jelly V	Fruit muffins G, E, M
Snack PM	No clubs	Raisins	Cheese with crackers G	Melon Slice	Krispy G

Allergens

G = Gluten

M = Milk /dairy

S = Sulphates

E = Egg

F= Fish

Gluten Free and allergy alternatives are available to suit dietary options

NB. Menus are subject to change, for a variety of reasons, without prior warning