

# SPICE ADVENTURE

OUT OF THIS WORLD FLAVOUR



WEEK 1

	MON	TUES	WED	THU	FRI
<b>MAIN MEAL</b>	Spaghetti bolognaise (G)	Pork sausages (Su,G) with classic gravy (G)	Roast chicken and pan gravy (G,Ce), sage and onion stuffing (Mk,E,G)	Chicken and sweetcorn pie (G,E,Mk)	Breaded cod fish fingers (F,G), ketchup, lemon wedge and chunky tartare sauce (Su,Mu,Mk,E)
<b>VEGETARIAN</b>	Quorn bolognaise (G,So)	Vegetarian sausages (Su,G) with veggie gravy (G)	Roasted summer vegetables in a Yorkshire pudding (G,E)	Seasonal vegetable pie with veggie gravy	Roasted pepper and tomato pasta bake (G)
<b>VEGGIES</b>	Garlic bread Sweetcorn Cauliflower	Creamy mash (Mk) Garden peas Broccoli	Crispy roasted potatoes Mixed vegetables Steamed cabbage	New potatoes Baton carrots Peas	Oven baked chips Sweetcorn Baked beans
<b>PUDDING</b>	Yoghurt (Mk)	Chocolate chip cookie (Mk,E,G)	Fruit	Apple and cinnamon sponge cake (G,E,Mk)	Yoghurt (Mk)

Week 1 commencing: 31 August, 21 September, 12 October, 9 November, 30 November

WEEK 2

	MON	TUES	WED	THU	FRI
<b>MAIN MEAL</b>	Cajun spiced breaded chicken (G,Mu)	Classic beef burger served in a bun (Su,G,Ce)	Roast gammon and pan gravy (G,Ce), sage and onion stuffing (Mk,E,G)	Pepperoni pizza (Mk,G,So)	Battered pollock fish fillet (F,G)
<b>VEGETARIAN</b>	Vegetable enchiladas (Mk,G)	Veggie burger in a bun (Mk,G,So)	Cheese and tomato pasta bake (Mk,E,G)	12" classic margherita pizza (So,Mk,G)	Cheese and onion pattie (So,Se,Mk,E,G)
<b>VEGGIES</b>	Rice Cauliflower Garden peas	Potato wedges Sweetcorn Broccoli	Crispy roast potatoes Carrots Leeks	Garlic bread Mixed vegetables Green beans	Baked oven chips Baked beans Garden peas
<b>PUDDING</b>	Fruit	Fruity shortbread biscuits (Mk,G,So)	Yoghurt (Mk)	Iced marble cake (Mk,E,G)	Fruit

Week 2 commencing: 7 September, 28 September, 19 October, 16 November, 7 December

WEEK 3

	MON	TUES	WED	THU	FRI
<b>MAIN MEAL</b>	Beef lasagne (G,Mr,E)	Ham and cheese pasta bake (G,Mr)	Roast turkey and pan gravy (G,Ce) Sage and onion stuffing (Mk,E,G)	Chicken and vegetable noodles (G,E,So)	Breaded cod fish fingers (F,G), ketchup, lemon wedge and chunky tartare sauce (Su,Mu,Mk,E)
<b>VEGETARIAN</b>	Vegetable lasagne (G,Mk,E)	Crunchy topping macaroni cheese (Mk,G)	Quorn shepherds pie (Mk,So)	Stir fried vegetables with noodles (G,E,So)	Tomato gnocchi (G)
<b>VEGGIES</b>	New potatoes Mixed vegetables Steamed cabbage	Seasoned wedges Broccoli Peas	Crispy roast potatoes Green beans Roasted parsnips	Rice Baton carrots Sweet corn	Baked oven chips Peas Baked beans
<b>PUDDING</b>	Yoghurt (Mk)	Blueberry muffin (Mk,E,G)	Fruit	Cherry flapjack (G,So,Mk)	Yoghurt (Mk)

Week 3 commencing: 14 September, 5 October, 2 November, 23 November, 14 December

★ ALLERGENS ★

Ce = Celery	F = Fish	L = Lupin	Mu = Mustard	Se = Sesame Seeds
Cr = Crustaceans	G = Cereals containing Gluten	Mk = Milk	N = Nuts	So = Soya
E = Eggs		Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide

LOOK OUT FOR THIS ICON ON OUR MENUS FOR A BETTER CHOICE FOR YOU!