



Week 3

Gluten Free

Monday

Golden Crumbed Cod Fillet

Garlic Mushroom Frittata

Chocolate Swirled Shortbread

Tuesday

Tuna/Ham & Cheese Melts

Chickpea & Sweet Potato Curry & Rice

Iced Sponge

Wednesday

Assorted Deep Pan Pizza Slice

Goat's Cheese & Spinach Tartlet

Cherry Scone

Thursday

Toad in the Hole

Mac & Cheese

Fruit Jelly

Friday

Homemade Steak & Vegetable Pie

Butternut Squash & Mushroom Lasagne

Apple & Red Cherry Crumble

Available Daily

Fresh Fruit

Salad Bar

Pasta Bar (GF on Request) with Sauces

Jacket Potato with Various Fillings

Sandwiches (GF on Request)

A Selection of Seasonal Vegetables &

Potatoes