

LENT TERM 2017

M E N U

Monday 27th February to Friday 3rd March

MONDAY

Beef Stew with Herb Dumplings and Savoy Cabbage
Pork and Apple Burgers Potato Wedges Baked Beans
V **Vegetarian Burgers**
Rice Pudding with Jam Yoghurts

SHROVE TUESDAY

Gammon Steaks Mashed Potato Broad Beans Parsley Sauce
Sweet and Sour Chicken Egg Noodles Chinese Vegetables
V **Sweet and Sour Vegetables**
Pancakes with Chocolate Sauce & Cherries or Lemon & Sugar
Peaches

ASH WEDNESDAY

Roasted Mixed Peppers and Onion Quiche Jacket Potatoes
V **Macaroni Cheese with Broccoli Florets**
Apple Pie and Custard Yoghurts

THURSDAY

Roast Beef Yorkshire Pudding Horseradish Sauce
Roast Potatoes Carrots Cauliflower Gravy
V **Cauliflower Cheese**
Spotted Dick and Custard Chocolate Delight

FRIDAY

Steamed Fish with Parsley Butter
Baked Cod Fish Fingers French Fries Peas
V **Stuffed Potato Boats**
Jam Tart and Custard Fruit Smoothies

Salad bar daily

Pasta bar daily (except Thursday)

Fresh fruit daily

All of our menu items contain allergens, including gluten, nuts, milk, fish, shellfish, soya, celery, mustard, sulphites, sesame and lupin. Please ask a member of staff for more information.