






Item														
<u>Week Four Menu</u>	Nuts	Peanuts	Eggs	Milk	Fish	Crustacean	Molluscs	Cereals cont. gluten	Celery	Lupin	Mustard	Sesame seeds	Soya	Sulphur dioxide
						Prawns, crab, lobster	e.g. clams, mussels, whelks, oysters, snails and squid	wheat, rye, barley, spelt, oats, kamut						
Cheese and Onion Flan				■	■			■						
Tomato & Basil Pasta with Crusty Bread								■						
Potato Wedges														
Baked Beans														
Chocolate Shortbread Biscuits				■				■						
Pork Loin with Gravy														
Quorn Fillet with Gravy								■						
Mashed Potato				■										
Carrots and Broccoli														
Fruit Muffins			■	■				■						
Chicken Curry														
Vegetable Curry														
Wholegrain Rice & Naan Bread				■				■						
Sweetcorn														
Sponge and Custard			■	■				■						
Spaghetti Bolognese								■						

Quorn Bolognaise																				
Garlic Bread																				
Mixed Salad																				
Fruit Flapjack																				
Fish - Harry Ramsden																				
Quorn Sausages																				
Chips																				
Veg Fingers																				
Carrot Cake																				
Jacket Potato																				
Cheese Filling																				
Tuna Mayonnaise Filling																				
Reviewed by:	<i>L.Duff</i>											Date:	07.12.2023							