



THIS WEEK'S MENU

MONDAY

Daily Choice

Baked jacket potato with cheddar cheese or baked beans

Or

Pan fried smoked haddock and spring onion fishcake in a muffin with a citrus salad

Dessert

Fruit jelly

TUESDAY

Daily Choice

Lasagne with garlic dough balls and peas

Or

Mexican bean roll & salad

Dessert

Melon wedge

WEDNESDAY

Daily Choice

Red lentil and mixed bean chilli with golden rice

Or

Cheese baguette with salad

Dessert

Mixed spice cookie

THURSDAY

Daily Choice

Mince and onion shortcrust pastry pie with vegetables

Or

Vegetable chow mien

Dessert

Vanilla sponge

FRIDAY

Daily Choice

Cheese & tomato pizza with chips

Or

Southern fried Quorn chicken and chips

Dessert

Shortbread biscuit

With a salad counter consisting of cucumber, tomatoes, mixed peppers, sweetcorn with a daily variation of coleslaw, mixed leaf lettuce, Herby potato salad or mixed bean salad.

Daily freshly baked bread always available

Allergen Matrix available, gluten, dairy free alternatives available. Please consult with Mr J for allergy advice

COGNITA

Week Commencing 18/9,9/10,13/11,4/12

