



THIS WEEK'S MENU

MONDAY

Daily Choice

Fresh baked potato with a choice of cheddar cheese or baked beans

Or

Mackerel, avocado and 5 bean citrus salad

Dessert

Fruity shortbread

TUESDAY

Daily Choice

Chinese style Quorn chicken curry with steamed rice

Or

Sweet chilli roasted peppers and mozzarella panini

Dessert

Gingerbread biscuit

WEDNESDAY

Daily Choice

3 cheese Macaroni

Or

Tuna mayo wraps

Dessert

Fruit jelly

THURSDAY

Daily Choice

Quorn Sausage with creamy mash and fresh vegetables

Or

Eat curious BBQ & sweetcorn taco with fresh salad side

Dessert

Pear and Plum crumble with cream

FRIDAY

Daily Choice

Veggie Burger with chunky chips

Or

Roasted salmon, egg fried and crispy vegetable 50/50 rice

Dessert

Melon wedge

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 13/1, 3/2,3/3,24/3

