



THIS WEEK'S MENU

MONDAY

Daily Choice

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

Or

Salmon & broccoli quiche with salad and potato salad

Dessert
Melon Wedge

TUESDAY

Daily Choice

Spaghetti Bolognese

Or

Sweet Potato falafel corn wraps with lemon mayo and crispy salad

Dessert
Lemon and poppyseed shortbread

WEDNESDAY

Daily Choice

Sausage and mixed bean cassoulet with cheesy mash and vegetables

Or

Eat curious Thai red curry with steamed basmati and wild rice and naan bread

Dessert
Fruit jelly

THURSDAY

Daily Choice

Quorn chicken and sweetcorn pie with baby roasts and fresh vegetables

Or

3 cheese and chive filled potato skins

Dessert
Carrot cake

FRIDAY

Daily Choice

Fish Fingers with chunky chips

Or

Smashed avocado on a toasted wholemeal seeded wedge

Dessert
Fruity vanilla cookie

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 27/1, 24/2, 17/3

