nutritious LEAVES Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
The SOUP Kettle	**Pea and Ham**	**Leek & Potato**	**Broccoli**	**Tomato & Herbs**	**Chef's Special**
TASTY ENTREE	**Mild Madras Chicken Curry Served with Fluffy Rice**	**Traditional Sheppard's Pie Served with Roasted Carrots**	**Classic Roast Pork** Roast potatoes Carrots Cabbage Gravy	**Traditional Beef Lasagne** 2-7 (Available as Gluten & Dairy Free)	**Chicken Burger with Chunky Chips** 2 (Available as Gluten Free)
VEGGIE Lovers	**Vegetable & Lentil Dhal Served with Roast Peppers & Fluffy Rice**	**Vegetable Tagliatelle** (Available as Gluten Free)	**Butternut Squash Stew Served with Rice**	**Vegetable Lasagne** 2-7 (Available as Gluten & Dairy Free)	**Beans & Lentil Burger** 2 (Available as Gluten Free)
Light BITES	**Saag Aloo (Spinach and Potato)**	**American BBQ Chicken Wing's**	**Vegetable Hotpot Served with Roast Potatoes**	**Rice & Vegetables Stuffed Peppers**	**Spanish Tortilla** 4
on the SIDE	**Jacket Potato Bar** with Cheddar Cheese, Beans or Tuna Mayo Selection of Sandwiches or Wraps 2.4.5.7.9	**Jacket Potato Bar** with Cheddar Cheese, Beans or Tuna Mayo Selection of Sandwiches or Wraps 2.4.5.7.9	**Jacket Potato Bar** with Cheddar Cheese, Beans or Tuna Mayo Selection of Sandwiches or Wraps 2.4.5.7.9	**Jacket Potato Bar** with Cheddar Cheese, Beans or Tuna Mayo Selection of Sandwiches or Wraps 2.4.5.7.9	**Jacket Potato Bar** with Cheddar Cheese, Beans or Tuna Mayo Selection of Sandwiches or Wraps 2.4.5.7.9
TASTY PUDS	**Autumn Fruit Crumble** 2 (Available as Gluten Free)	**Fruity Flapjack** 2 (Available as Gluten Free)	**Lemon Drizzle Cake** 2 (Available as Gluten Free)	**Eton Mess** 4-7 (Available as Egg & Dairy Free)	**Chocolate Crunchy Crispy Rice** 13 (Available as Soya Free)

SAMPLE MENU

Allergen Table

1 Celery

2 Gluten

3 Crustaceans

4 Eggs

5 Fish

6 Lupin

7 Milk/Dairy

8 Molluscs

9 Mustard

10 Nuts

11 Peanuts

12 Sesame

13 Soya

14 Sulphites

Salad Bar available everyday

Chunks of fresh fruit and natural yoghurt

Please see a member of staff for allergen alternatives

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SAMPLE MENU