

[WEEKLY MENU]



Week 3

Weeks Commencing: Mon 19th Sept - Mon 10th Oct - Mon 7th Nov - Mon 28th Nov



Main Dish of the Day

Vegetarian Dish of the Day

Vegetable Choice

Dessert of the Day

Jacket Potato Bar

Cold Selection

Monday

Tuesday

Wednesday

Thursday

Friday

African Turkey Stew
(G, SO, SU)

Chicken Burger
(G, SE*)

Roast Garlic & Thyme Chicken

Chinese Chicken Noodles
(CE, E, G, MU*, SO)

Battered Baked Fish & Tomato Ketchup
(F, G)

African Vegetable Stew
(CE, G*)

Vegetable Burger in a Bun
(G, SE*)

Lentil & Spinach Strudel with Tomato Sauce
(CE, G)

Hoi Sin Vegetable Noodles
(CE, E, G, MU*, SO)

Slow Roasted Tomato & Cheese Pasta
(CE, G, MK)

Jollof Rice (CE)
Roasted Vegetable Medley

Homemade Wedges
Sweetcorn Baked Beans

Baby Roast Potatoes
Savoy Cabbage Cauliflower

Steamed Rice
Sweetcorn Broccoli

Chips
Baked Beans Peas

Chocolate & Beetroot Brownie
(E, G, MK, SO)

Cherry Tray Bake with Whipped Cream
(E, G, MK)

Winter Fruit Crumble & Custard
(G, MK)

Jam & Coconut Sponge
(E, G, MK, SU)

Strawberry Mousse with Choc Chip Cookie
(E, G, MK, SO)

See Board for Details

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Salad Bar
Homemade Breads
(G, SO)
Fresh Fruit Salad

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(G, SO)
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Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds

Springfie X
Serving Halal & Non-Halal

