## ENERKLY MENUJ Week 1

Week Commencing: Mon 1st Jan - Mon 22nd Jan - Mon 19th Feb - Mon 11th Mar

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Main Disk of the Day	BBQ Chicken	Beef Burger ↔ Homemade Potato Wedges (G, SE*, SO)	Roast Turkey 4 Gravy	Meatballs & Spaghetti (E, G)	Fish Fingers & Chips (F, G)
Vegetarian Dish of the Day	Vegetable Curry (G*)	Vegetable Bean Burger ∻ Homemade Potato Wedges (G, SE*)	Root Vegetable Wellington (CE, E, G)	Veggie Meatballs ∻ Spaghetti (CE, E* G, MU*, SE*, SO)	Vegan Nuggets ∳ Chips (G)
Vegetable Choice	Rjce ∳ Peas with Seasonal Vegetables	Baked Beans or Coleslaw (E, MU)	Rustic Roast Potatoes & Medley of Seasonal Vegetables	Garlic Bread and Green Salad (G, MK)	Beans or Peas
Dessert of the Day	Banana Sponge with Vanilla Sauce (E, G, MK)	Fruit Jelly	Iced Vanilla Sponge (E, G)	Shortbread Biscuit (G)	Ice Cream (MK)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit

Allergens:

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

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## [WEEKLY MENU] Week 2

Week Commencing: Mon 8th Jan - Mon 29th Jan - Mon 26th Feb - Mon 18th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Spaghetti Beef Bolognese (G)	Pepperoni Pizza (G, MK)	Roast Beef & Gravy	Mild Chicken Tikka Masala & Rice (CE, G*, MK)	Battered Fish & Chips (F, G) • •
Vegetarian Dish of the Day	Vegetable Bolognese with Spaghetti (CE, G)	Veggie Supreme Pizza (G, MK)	Sweet Potato, Red Onion & Lentil Pasty (CE, E, G)	Vegetable ቅ Lentil Dhal Rice (CE, G*)	Homemade Vegan Sausage Roll 4 Chips •• •• (G)
Vegetable Choice	Garlic Bread and Green Salad (G, MK)	Seasoned Potato Wedges & SweetCorn	Rustic Roast Potatoes & Seasonal Vegetables	Şeasonal Vegetables	Beans or Peas
Dessert of the Day	Lemon Drizzle Cake (E, G, SU)	Fruit Jelly	Winter Fruit Crumble (G, MK)	Selection of Fruit Mousse (MK)	Chocolate Orange Sponge with Chocolate Sauce (E, G, MK, SO)
Jacket Potato Bar	See Board for Details				
Cold Selection	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit				
Milk Ri	asign Frillig's 201001			= Cereals Containing Glute uts, SO = Soya, SU = Sulphi	

## [WEEKLY MENU] Week 3

Week Commencing: Mon 15th Jan - Mon 5th Feb - Mon 4th Mar - Mon 25th Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Bolognese Pasta Bake (G, MK)	Sweet & Sour Chicken (CE)	Roast Chicken ↓ Gravy	Butchers Sausage ↓ Crushed Potato with Gravy (CE, G, MK, SO, SU)	Fish Fingers & Chips (F, G)
Mac & Cheese (G, MK)	Vegetable Chow Mein (CE*, E, G, MU*, SO)	Roasted Vegetable Filo Parcel & Tomato Sauce (CE, G)	Veggie Sausage ∻ Crushed Potato with Gravy (G, MK)	Vegan Nuggets ∳ Chips (G)
Green Salad or Coleslaw (E, MU)	Steamed Rice ↓ Stir Fried Greens	Rustic Roast Potatoes & Seasonal Vegetables	Seasonal Greens	Beans or Peas
Forest Fruit Traybake (E, G, MK*)	Fruit Jelly	Apple Crumble & Custard (G, MK)	Fruity FlapjaCk (G)	Double Chocolate Chip Cookie (E, G, MK, SO)
See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit
	Beef Bolognese Pasta Bake (G, MK) Mac & Cheese (G, MK) Green Salad or Coleslaw (E, MU) Forest Fruit Traybake (E, G, MK*) See Board for Details Salad Bar Homemade Bread (E*, G, MK, SO)	Beef Bolognese Pasta Bake (G, MK)Sweet & Sour Chicken (CE)Mac & Cheese (G, MK)Vegetable Chow Mein (CE*, E, G, MU*, SO)Green Salad or Coleslaw (E, MU)Steamed Rice & Stir Fried GreensForest Fruit Traybake (E, G, MK*)Fruit JellySee Board for DetailsSee Board for DetailsSalad Bar Homemade Bread (E*, G, MK, SO)Salad Bar Homemade Bread (E*, G, MK, SO)	Beef Bolognese Pasta Bake (G, MK)Sweet + Sour Chicken (CE)Roast Chicken + GravyMac + Cheese (G, MK)Vegetable Chow Mein (CE*, E, G, MU*, SO)Roasted Vegetable Filo Parcel + Tomato Sauce (CE, G)Green Salad or Colesiaw (E, MU)Steamed Rice + Stir Fried GreensRustic Roast Potatoes + Seasonal VegetablesForest Fruit Traybake (E, G, MK*)Fruit JellyApple Crumble + Custard (G, MK)See Board for DetailsSee Board for DetailsSee Board for DetailsSalad Bar Homemade Bread (E*, G, MK, SO)Salad Bar Homemade Bread (E*, G, MK, SO)Salad Bar Homemade Bread (E*, G, MK, SO)	Beef Bolognese Pasta Bake (G, MK)Sweet + Sour Chicken (CE)Roast Chicken + GravyButchers Sausage + Crushed Potato with Gravy (CE, G, MK, SO, SU)Mac + Cheese (G, MK)Vegetable Chow Mein (CE*, E, G, MU*, SO)Roasted Vegetable Filo Parcel + Tomato Sauce (CE, G)Veggie Sausage + Crushed Potato with Gravy (G, MK)Green Salad or Coleslaw (E, MU)Steamed Rice + Stir Fried GreensRustic Roast Potatoes + Seasonal VegetablesSeasonal GreensForest Fruit Traybake (E, G, MK*)Fruit JellyApple Crumble + Custard (G, MK)Fruity Flapjack (G)See Board for DetailsSee Board for DetailsSee Board for DetailsSee Board for DetailsSee Board for DetailsSalad Bar Homemade Bread (E*, G, MK, SO)Salad Bar Homemade Bread (E*, G, MK, SO)

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