



Totally Local  
Company






# Your Menu This Week

Week 1  
Commencing  
2023

Please note, that our menus could be subject to change due to nationwide supply issues.

## Allergens & Intolerances:

G=Gluten  
MK=milk  
M=mustard  
S=soya  
SE=Sesame  
E=Egg  
SD=Sulphur dioxide  
C=Celery  
F=Fish

		Main Dish	Main Dish Vegetarian	Jackets	Dessert
Monday		Homemade Pizza potato wedges peas <b>G,MK</b>	Spanish Omelette potato wedges peas <b>E,MK</b>	with various fillings served with salad	Ginger Biscuit <b>G</b> or fruit
Tuesday		Pork meatballs with spaghetti and tomato sauce Sweetcorn <b>G,MK,SE</b>	Veggie meatballs with spag & sauce with sweetcorn <b>S,G</b>	with various fillings served with salad	Iced sponge <b>G,E,MK</b> or Fruit
Wednesday		Roast chicken breast with stuffing roast potatoes & mixed veg	Vegetarian sausage, roast potatoes, mixed vegetables <b>G,S,SD</b>	with various fillings served with salad	Apple crumble & custard or fruit <b>SE,G</b>
Thursday		Lasagne with garlic bread & salad or broccoli <b>G,MK,S,SD</b>	Mascarpone pasta With garlic bread & salad or broccoli <b>G,MK</b>	with various fillings served with salad	Chocolate cornflake cake or fruit <b>G</b>
Friday		Fishcake chips and peas <b>G,F,MK,M</b>	Golden toastie chips and salad <b>G,MK,SE,S</b>	with various fillings served with salad	Sultana flapjack or Yoghurt <b>G,SE</b>



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# Your Menu This Week

Week 2  
Commencing  
2023

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		Main Dish	Main Dish Vegetarian	Jackets	Dessert
<b>Monday</b>		Macaroni cheese garlic bread and salad <b>G,MK,SE</b>	Vegetarian enchiladas garlic bread & salad <b>G,MK,SE,S</b>	With various fillings and salad	Sultana and Oat Cookie <b>G,E,SE</b> or Fruit
<b>Tuesday</b>		Sweet chilli chicken With rice and broccoli	Vegetarian Mexican stack with salad/ garlic bread <b>G,MK,SE,S</b>	With various fillings and salad	Iced cherry sponge or <b>G,E,MK</b> Fruit
<b>Wednesday</b>		Meat & potato pie roast potatoes Carrots/cabbage <b>G</b>	Vegetarian chicken roast with roast potatoes carrots/cabbage <b>S</b>	With various fillings and salad	Strawberry Whirl or Fruit <b>MK</b>
<b>Thursday</b>		All day breakfast served with tomatoes and mushrooms <b>C,G,E,MK,SD,S</b>	Vegetarian breakfast with tomatoes and mushrooms <b>C,G,E,MK,SD,S</b>	With various fillings and salad	Pear & Chocolate Sponge with Chocolate Sauce or fruit <b>G,E,MK</b>
<b>Friday</b>		Fish Stars with Chips & Beans <b>G,F</b>	Vegetarian sausage roll chips and beans <b>G,S,SD</b>	With various fillings and salad	Fruit or Yoghurt <b>MK</b>