



THIS WEEK'S MENU

MONDAY

Daily Choice

Fresh baked jacket potato with a choice of cheddar cheese or Tuna Mayo

Or

Southern fried Quorn fillet with fruity coleslaw and corn on the cob

Dessert

Choc chip sponge

TUESDAY

Daily Choice

Red lentil & 5 bean chilli with golden rice

Or

Cheese salad tortilla wraps

Dessert

Fresh melon wedge

WEDNESDAY

Daily Choice

Macaroni cheese

Or

Fish cakes with a sweet chilli dip and mixed salad

Dessert

Carrot cake with cream cheese frosting

THURSDAY

Daily Choice

Quorn mince Cottage Pie and fresh vegetables

Or

Creamy Chickpea, coconut & spinach curry with steamed rice

Dessert

Apple and cherry crumble with whipped cream

FRIDAY

Daily Choice

Margherita Pizza with rosemary potato cubes

Or

Garlic mushroom Tagliatelle

Dessert

Vanilla ice cream

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 Mr J for allergy advice

COGNITA

Week Commencing 13/9,4/10,8/11,29/11

