



# THIS WEEK'S MENU

## MONDAY

### Daily Choice

Fresh baked jacket potato with a choice of cheddar cheese or Baked beans

Or

Spiced chick pea, tuna and halloumi mixed salad

### Dessert

Banana & cranberry cake

## TUESDAY

### Daily Choice

Quorn chicken curry with steamed rice and naan bread

Or

Vegetable chow mein

### Dessert

Sticky toffee pudding

## WEDNESDAY

### Daily Choice

3 cheese and chive pasta shells

Or

Vegetable Cornish pasty with a buttered sweet potato mash

### Dessert

Jamaican ginger cake

## THURSDAY

### Daily Choice

Quorn Roast with roast potatoes, vegetables and Yorkshire pudding

Or

Loaded stuffed jacket potato with tomato & mozzarella

### Dessert

Fresh fruit salad

## FRIDAY

### Daily Choice

Battered cod fillet with chips & peas

Or

5 bean enchiladas with a nacho crust

### Dessert

White chocolate sponge with a dark chocolate custard

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 20/9,11/10,15/11,6/12

