

[WEEKLY MENU]



Week 2

Weeks Commencing: Mon 6th Sept - Mon 27th Sept - Mon 18th Oct - Mon 15th Nov - Mon 6th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chicken Tikka Massala (CE, G, MK)	Chicken Pizza (G, MK)	Roast Garlic & Thyme Chicken with Roast Gravy	Shepherd's Pie (CE, MK)	Fish Finger with Lemon Mayo (F, G, E)
Vegetarian Dish of the Day	Vegetable & Lentil Korma (CE, G, MK)	Margherita Pizza (G, MK)	Roasted Winter Vegetable Tart (E, G, MK)	Shepherd's Pie (vegetables topped with mashed potato) (CE, MK)	Breaded Aubergine with Tomato Sauce (E, G)
Vegetable Choice	Steamed Rice (CE) Cauliflower & Green Beans	Seasoned Wedges (G) Seasonal Vegetables	Baby Roast Potatoes Medley of Seasonal Vegetables	Carrot & Cabbage	Chipped Potatoes Baked Beans Seasonal Vegetables
Dessert of the Day	Belgian Waffles with Hot Chocolate Sauce (E, G, MK, SO) Fresh Fruit Salad	Jelly & Ice-Cream (MK) Fresh Fruit Salad	Sticky Toffee Cake & Butterscotch Sauce (E, G, MK) Fresh Fruit Salad	Apple Flapjack with Strawberry Milkshake (G, MK)	Orange & Chocolate Cake with Cream (E, G, MK) Fresh Fruit Salad
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	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit



Bedfont
Years 3 - 6

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