

# [WEEKLY MENU]



Week 3

Weeks Commencing: Mon 13th Sept - Mon 4th Oct - Mon 1st Nov - Mon 22nd Nov - Mon 13th Dec



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Penne Minced Chicken Bolognese (G)	Caribbean Chicken Curry (CE,G)	Roast Turkey & Roast Gravy	Sweet & Sour Chicken (CE, G)	Baked Battered Fish with Tomato Ketchup (F, G)
Vegetarian Dish of the Day	Roasted Tomato Basil Pasta (CE, G)	Caribbean Vegetable & Chickpea Curry (CE, G)	Roasted Vegetable Tart (E, G, MK)	Hoi Sin Stir-Fry Vegetables (CE, G, MU, SO)	Breaded Aubergine with Tomato Sauce (E, G)
Vegetable Choice	Penne Pasta (G) Carrot Peas	Rice & Peas (CE) Green Beans & Carrots	Baby Roast Potatoes Savoy Cabbage & Cauliflower	Steamed Rice (CE) Sweetcorn & Broccoli	Chipped Potatoes Baked Beans Seasonal Vegetables
Dessert of the Day	Chocolate & Beetroot Brownie, Chocolate Sauce (E, G, MK, SO) Fresh Fruit Salad	Cherry Tray Bake & Whipped Cream (E, G, MK) Fresh Fruit Salad	Jelly & Ice-Cream (MK) Fresh Fruit Salad	Orange & Cranberry Sponge with Vanilla Sauce (E, G, MK) Fresh Fruit Salad	Banana Mousse with Chocolate Chip Cookie (E, G, MK, SO) 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

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

Bedfont  
Years 3 - 6

