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MENU – Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Moroccan Lamb Tagine 	Roast Chicken 	Beef Madras Curry 	Fish Bites <i>*Wheat</i> 	Lentil Pasta bake <i>*Dairy/Gluten</i> 
MAIN Option 2 (vegetarian)	Vegetable Tagine 	Vegetable Slice  	Chinese Noodles <i>*Egg</i> 	Vegetable Omelette <i>*Dairy/Egg</i> 	Tomato & Herb Sauce 
To Accompany	Bulgar Wheat 	Roast Potatoes & Stuffing <i>*Gluten</i> 	Rice 'N' Peas 	<i>Chips</i> 	Pasta <i>*Gluten/Wheat</i> 
Bread	Freshly Baked Bread <i>*Gluten/Wheat</i> 	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 
Vegetables	Green Leaf Salad 	Seasonal Vegetables 	Mixed Salad 	Seasonal Vegetables 	Mixed Salad 
On the Table	Cucumber Sticks & Lemon Dip <i>*Dairy</i>	Crudites & Dip	Cucumber Sticks	Mixed Peppers 	Cucumber Sticks
Dessert	Fresh Fruit 	Flap Jacks & Fresh Fruit 	Fresh Fruit 	Jelly & Ice Cream <i>*Dairy</i> 	Fresh Fruit 