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| Week 3 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Soup of the Day** | Minted green pea soup (celery) | Lightly spiced butternut squash soup (celery) | Roast parsnip & potato soup (celery, sulphites) | Cream of tomato soup (celery, milk, sulphites) | Golden vegetable soup (gluten, celery) |
| **Main counter** | Chicken tikka masala (milk, celery, mustard) | Savoury minced beef and vegetables with a Yorkshire pudding (wheat, egg, milk) | Crispy chicken, mixed bean & vegetable fajita (wheat, soya, mustard) | Pork Cumberland sausage ring, caramelised red onion gravy (wheat, soya, sulphites) | Oven baked breaded haddock, lemon and tartare sauce. (wheat, fish) |
| **Main counter meat free** | Plant-it-naked chick’n’fillet with jalfrezi sauce (celery, mustard) | Honey roast sweet potato, pepper & chickpea Tagine (celery) | Butternut squash, mushroom and courgette chilli fajita (celery, wheat) | ‘The mac shack’  Macaroni cheese with a selection of toppings (gluten, milk, mustard) | Falafel, warmed flat bread & chilli slaw (wheat) |
| **nursery** | Chicken tikka masala (milk, celery, mustard) | Savoury minced beef and vegetables with a Yorkshire pudding (wheat, egg, milk) | Crispy chicken, mixed bean & vegetable fajita (wheat, soya, mustard) | Pork Cumberland sausage ring, caramelised red onion gravy (wheat, soya, sulphites) | Battered cod fish fingers (wheat, fish, mustard, milk) |
| **Sides** | Pilau rice  Steamed broccoli.  Mini naan bread  Spiced onions  riata | Crushed potatoes  cabbage  Minted garden peas  Cous cous | Potato wedges  Sour cream  Chunky salsa  Honey carrots  Crispy onions | Mashed potato  Steamed green beans.  Selection of sauces and dips  Garlic bread  ratatouille | chips  garden peas.  Tartar sauce  Chilli slaw  Herb courgette |
| **Pasta/Jackets** | Fresh pasta (gluten) / tomato sauce  Baked potato & fillings | Fresh pasta (gluten) / tomato sauce  Baked potato & fillings | Fresh pasta (gluten) / tomato sauce  Baked potato & fillings | Fresh pasta (gluten) / tomato sauce  Baked potato & fillings | Fresh pasta (gluten) / tomato sauce  Baked potato & fillings |
| **Dessert of the Day** | Jam & coconut sponge (wheat, egg) | Pear and honey crumble and custard (wheat, milk, oats) | Double chocolate gateau (wheat, egg, milk) | Vanilla iced sponge (wheat, egg, milk) | Sweet treat Friday (see staff for allergens) |
| **Please note allergens may change. For allergen information please speak to a member of the team.** | | | | | |