



	Dairy/Gluten Free	FODMAP	Allergy Free Dessert
Monday	Sweet & Sour Pork, Vegetable Fried Rice, Prawn Crackers	Sweet & Sour Pork, Vegetable Fried Rice, Prawn Crackers	Vanilla Rice Pudding, Fruit Compote
Tuesday	Shepherds pie, Cauliflower Cheese	Shepherds pie, Cauliflower Cheese	Alpro Chocolate Mousse
Wednesday	Slow Cooked Beef Brisket Stew, Kale, Carrot & Swede, Steamed Minted New Potato	S Beef Brisket Stew, Carrot & Swede, Steamed New Potato	Sponge & Custard
Thursday	Roast Chicken Breast, Leek Mash, Savoy Cabbage, Chive & Grain Mustard Gravy	Roast Chicken Breast, Leek Mash, Savoy Cabbage, Chive & Grain Mustard Gravy	Baked Apple & Blackberry, Alpro Yoghurt
Friday	Salmon & Haddock Fishcake, Buttered New Potato, Garden Salad, Lemon & Dill Mayonnaise	Salmon & Haddock Fishcake, Buttered New Potato, Garden Salad, Lemon & Dill Mayonnaise	Pear Eves Pudding