



	Dairy/Gluten Free	FODMAP	Allergy Free Dessert
Monday	Slow Cooked Beef Bolognese with Lemon Roasted Broccoli & Courgette, Mixed Leaf Salad & Garlic Bread	Slow Cooked Beef Bolognese with Lemon Roasted Broccoli & Courgette, Mixed Leaf Salad & Garlic Bread	Apple & Ginger Cake
Tuesday	'No Nut' Chicken Satay Noodles with Stir Fried Sesame Vegetables	'No Nut' Chicken Satay Noodles with Stir Fried Sesame Vegetables	Blackberry Meringue Pot
Wednesday	Sausages with Mash, Vegetable Medley, Sage & Onion Gravy	Sausages with Mash, Vegetable Medley, Sage & Onion Gravy	Jam Sponge Cake with Soy Custard
Thursday	Turkey Schnitzel with Garlic Buttered Shredded Cabbage & Petit Pois, Crispy Baked Crushed New Potatoes & Garden Herb Dressing	Turkey Schnitzel with Garlic Buttered Shredded Cabbage & Petit Pois, Crispy Baked Crushed New Potatoes & Garden Herb Dressing	Alpro Yoghurt or Mousse
Friday	Baked Salmon, Egg & Vegetable Fried Rice	Baked Salmon, Egg & Vegetable Fried Rice	Eton Mess