<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>Available Daily:</strong></td>
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<tr>
<td>Best of both bread and Soya</td>
<td>Seasonal vegetables</td>
<td>Coleslaw</td>
<td>Vegetarian meals available upon request</td>
<td>Coleslaw</td>
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<tr>
<td><strong>Monday:</strong></td>
<td><strong>Tuesday:</strong></td>
<td><strong>Wednesday:</strong></td>
<td><strong>Thursday:</strong></td>
<td><strong>Friday:</strong></td>
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<tr>
<td>1. Fillled roll with cheese, ham, egg or tuna mayo &amp; mixed salad</td>
<td>1. Fish nuggets, Katsu curry dip &amp; salad</td>
<td>1. Chicken &amp; broccoli bake with crusty bread</td>
<td>1. Meat free Italian meatballs with flatbread</td>
<td>1. Fish finger wrap &amp; diced potatoes</td>
</tr>
<tr>
<td>[Soya, Milk, Gluten, Fish, Gluten, Sesame, Sulphur Dioxide]</td>
<td>[Soya, Fish, Gluten]</td>
<td>[Milk, Gluten, Sesame]</td>
<td>[Soya, Gluten]</td>
<td>[Fish, Gluten]</td>
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<td><strong>Main:</strong></td>
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<td><strong>Dessert:</strong></td>
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<tr>
<td>Milk</td>
<td>[Soya, Milk, Gluten, Fish, Gluten, Sesame]</td>
<td>Milk</td>
<td>[Milk, Gluten, Fish, Gluten, Sulphur Dioxide]</td>
<td>Milk, Gluten</td>
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**Available Daily:** Best of both bread and Soya Seasonal vegetables Coleslaw When served. Vegetarian meals available upon request.
### MAINS

**Monday**
- Harissa houmous & crudities or breadsticks
  - Gluten Sesame

**Tuesday**
- Chicken & mushroom pie, new potatoes & gravy
  - Soy Milk Gluten

**Wednesday**
- All day breakfast & diced potatoes
  - Milk Egg
- Vegetarian all day breakfast & diced potatoes
  - Soy Milk Egg Gluten Sulphur Dioxide

**Thursday**
- Nottinghamshire sausage, Yorkshire pudding, mashed potatoes & gravy
  - Milk Egg Gluten Sulphur Dioxide
- Quorn sausage, Yorkshire pudding, gravy & mashed potatoes
  - Milk Egg Gluten

**Friday**
- Ham & tomato bruschetta & salad
  - Milk Gluten
- Tomato & Mozzarella bruschetta & salad
  - Milk Gluten

### OR

**Monday**
- Vegan sausage roll, gravy & jacket wedges
  - Soy Milk Gluten

**Tuesday**
- Spaghetti bolognese & garlic bread
  - Milk Fish Gluten
- Quorn spaghetti bolognese & garlic bread
  - Milk Egg Gluten

**Wednesday**
- Jacket potatoes with cheese, beans or tuna & mixed salad
  - Milk Fish Egg

**Thursday**
- Roast gammon & pineapple with mashed & roast potatoes
  - Milk Fish
- Quorn roast, stuffing, gravy, mashed & roast potatoes
  - Milk Egg Gluten

**Friday**
- Fish goujons tomato ketchup & oven chips
  - Fish Gluten

### OR

**Monday**
- Tomato & basil pasta & garlic bread
  - Milk Gluten

**Tuesday**
- Honey cake
  - Milk Egg Gluten

**Wednesday**
- Fruit topped yoghurt & jelly layer
  - Milk

**Thursday**
- Peach melba
  - Milk

**Friday**
- Filled roll with cheese, ham, egg or tuna mayo & mixed salad
  - Soy Milk Egg Fish Gluten Sesame

### AVAILABLE DAILY:
- Best of both bread Gluten and Soy Milk
- Seasonal vegetables
- available daily Coleslaw Egg when served
- Vegetarian meals available upon request
**SPRING SUMMER 2020 MENU WEEK 3**

**WEEK COMMENCING**
9 Mar, 30 Mar, 20 April, 11 May, 1 June, 22 June, 13 July

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<tr>
<td>Quorn dippers &amp; tabbouleh</td>
<td>Melon &amp; ham salad</td>
<td>Chicken tikka wrap &amp; savoury rice</td>
<td>Roast pork, stuffing &amp; gravy, mashed &amp; roast potatoes</td>
<td>Seaside salad</td>
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<tr>
<td><strong>Milk Egg Gluten</strong></td>
<td></td>
<td><strong>Celery Milk Gluten</strong></td>
<td><strong>Gluten</strong></td>
<td><strong>Egg Gluten</strong></td>
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<tr>
<td>Tomato &amp; basil pasta &amp; garlic bread</td>
<td>Toad in the hole &amp; mashed potatoes</td>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
<td>Filled roll with cheese, ham, egg or tuna mayo &amp; mixed salad</td>
<td>MSC Breaded fish &amp; oven chips</td>
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<td><strong>Milk Gluten</strong></td>
<td><strong>Milk Gluten Sulphur Dioxide</strong></td>
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<td>Raspberry ripple ice cream roll</td>
<td>Filled roll with cheese, ham, egg or tuna mayo &amp; mixed salad</td>
<td>Cheese, crackers &amp; apple wedge</td>
<td>Chocolate brownie</td>
<td>Jacket potatoes with cheese, beans or tuna &amp; mixed salad</td>
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**AVAILABLE DAILY:** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals available upon request.