



MENU WK 3
Primary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

World Food
£2.30

Mini Greek Souvlaki Wrap

Delicately marinated chicken pieces on a bed of salad and Tzatziki, wrapped in a tortilla and served with wedges.

(mlk)(gl)

Sausage n' Mash

Hearty local butchers Pork sausage with rustic mash, seasonal veg and gravy.

(soy)(SO2)(gl)

Chicken Fried Rice

Chinese egg fried rice and chicken in a subtle 5 spice with vegetables.

(egg)(soy)(gl)

TLA Roast Chicken

Roast Chicken served with Roast potatoes, seasonal veg, yorkshire pudding and gravy

(egg)(mlk)(gl)

Pasta Primavera Bake

A wonderful combination of pasta, Italian cheese and vegetables baked and served with salad and garlic bread.

(egg)(mlk)(SO2)(gl)

Daily Staple
£2.30

Meatless Sausage and Spinach Pasta

Meatless farm sausages combined with spinach and a rich Pomodoro sauce and Penne pasta

(mlk)(gl)

Jacket Potato & Tuna Mayo

Oven baked jacket potatoes with a tuna and mayo topping.

(Fsh)(Mst)

Napoli pasta pot

Pasta shells tossed with tomato sauce, mascarpone cheese, pesto & parmesan and served with garlic bread wedge

(mlk)(gl)

Jacket Potato Cheese & Beans

Oven baked jacket potatoes with a baked bean and cheese topping.

(mk)(SO2)

Fish & Chips

Friday treat of delicious battered fish and chips. Served with either beans or sweetcorn.

(fsh)(gl)