

## Weekly Menu: Epiphany 2020 Week 5

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Allergy Meal - as part of plan	Allergy Meal - as part of plan	Allergy Meal - as part of plan	Allergy Meal - as part of plan	Allergy Meal - as part of plan
Salmon Pasta Bake	Build your own Burger with Hash Brown Bites	Roast Chicken with Roast Potatoes	Beef Meatballs with Wholegrain Rice	Fish Fingers and Chips
Cheese and Tomato Pizza with Wedges	Build your own Veggie Burger with Hash Brown Bites	Roast Quorn with Roast Potatoes	Chickpea & Spinach Curry with Rice and Naan	Cheese and Tomato Pasta Bake
Baked Potato with Baked Beans	Baked Potato with Cheese & Spring Onion	Baked Potato with Baked Beans	Baked Potato with Cheese	Baked Potato with Baked Beans
Baked Potato with Cheese & Peppers	Baked Potato with Tuna & Mayo	Baked Potato with Cheese & Peppers	Baked Potato with Tuna & Mayo	Baked Potato with Tuna & Mayo
Egg Sandwich	Baked Potato with Two Cheeses	Baked Potato with Tuna & Mayo	Cheese and Tomato Baguette	Cheese Croissant
Ham Sandwich	Egg Wrap	Egg Sandwich	Egg Baguette	Cheese and Ham Croissant
Tuna and Mayo Sandwich	Ham Wrap	Tuna and Mayo Sandwich	Ham Baguette	Ham Croissant
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Carrots	Corn on the Cob	Mixed Vegetables	Broccoli	Baked Beans
Cauliflower			Sweetcorn	Peas
				Spaghetti Hoops
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh Fruit	Fresh Fruit	Fresh Fruit	French Strawberry Mousse	Blueberry Muffins
	Crepes with Fruit Salad	Pineapple Upside-Down Cake	Fresh Fruit	Fresh Fruit

### Allergens

**Salmon Pasta Bake:** Cereals containing gluten, Fish, Milk; **Crepes with Fruit Salad:** Cereals containing gluten, Eggs, Milk; **Ham Sandwich :** Cereals containing gluten, Milk, Soya; **Tuna and Mayo Sandwich:** Cereals containing gluten, Eggs, Milk, Soya; **Fish Fingers and Chips:** Cereals containing gluten, Fish; **Cheese and Tomato Pizza with Wedges:** Cereals containing gluten, Milk; **Roast Chicken with Roast Potatoes:** Cereals containing gluten, Milk, Soya

**with Roast Potatoes:** Celery, Cereals containing gluten, Eggs, Milk; **Cheese and Tomato Pasta Bake:** Cereals containing gluten, Milk; **Pineapple Upside-Down Cake:** Cereals containing gluten, Eggs, Milk; containing gluten, Eggs; **Ham Baguette :** Cereals containing gluten, Milk, Sesame seeds; **Egg Baguette :** Cereals containing gluten, Eggs, Milk; **Cheese Croissant :** Cereals containing gluten, Eggs, Milk; **Han Croissant :** Cereals containing gluten, Eggs, Milk; **French Strawberry Mousse:** Milk; **Baked Potato with Cheese:** Milk; **Baked Potato with Tuna & Mayo:** Eggs, Fish, Milk; **Baked Potato with Cheese & Baked Potato with Two Cheeses:** Milk