

Week beginning 30th September

Monday

Main

Lasagne

Celery, Gluten, Milk, Mustard

Vegetable Lasagne

Celery, Gluten, Milk, Mustard

Pasta Bolognese

Celery, Milk, DF Option Available

Sweetcorn, Green Beans, Cauliflower

Pudding

Tiramisu

Gluten, Egg, Milk

Fruit Clafoutis

Gluten, Egg, Milk

Tuesday

Main

Sausages & Gravy

Celery, Gluten, Sulphites, GF Option Available

Vegetable Sausages & Gravy

Celery, Gluten

Peas, Carrots, Baked Beans, Creamed potatoes

Pudding

Lemon Sponge

Gluten, Egg, Milk

Fruit Chunks

Wednesday

Main

Roast Pork, Yorkshire Pudding & Gravy

Celery, Gluten, Egg, Milk, GF Option Available, DF Option Available

Cheesy Pasta

Celery, Gluten, Milk, Mustard, DF Option Available

Carrots, Mashed Swede, Vegetable Bake, Cabbage & Roast Potatoes

Pudding

Flapjack

Gluten, Milk

Thursday

Main

Fish Fingers

Gluten, Fish, GF Option Available

Breaded Mozzarella Sticks

Gluten, Milk

Peas, Sweetcorn, Baked Beans, Creamed Potatoes

Pudding

Fruit Crumble & Custard

Gluten, Egg, Milk

Friday

Main

Cottage Pie

Celery, Milk, DF Option Available

Homity Pie

Celery, Gluten, Milk, Mustard, DF Option Available

Green Beans, Carrots, Cabbage

Pudding

Iced Chocolate Sponge

Gluten, Egg, Milk

If you have any dietary requirements, please notify enquiries@fiveislands.org or contact reception on 01720 424850

Fresh fruit or yogurt (contains milk) is available as an alternative dessert & wholemeal bread (contains wheat) available each day.