

Weekly Menu: Thameside Spring Summer menu 25 Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Sweet & Sour Chicken	Cheese & Tomato Pizza	Roast chicken	Beef Burger	Fish Fingers
Spanish Style Quorn Fillet	Potato Puff	Roast Quorn Fillet	Quorn Burger	Vegetable Fingers
Rice and peas	Tuna Pasta Bake	Roast Potatoes	Potato Smiles	Chips
Cheese Baguette	Tuna Baguette	Yorkshire Pudding	Tomato Ketchup	Cheese Baguette
		Gravy	Tuna Baguette	
		Cheese Baguette		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Mixed Vegetables	Green Beans	Carrots	Sweetcorn	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Baked Beans
				Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Banana Sponge	Angel Delight	Fruit Jelly	Lemon Drizzle Cake	Frozen Yoghurt
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Cream crackers
Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese

Allergens

Sweet & Sour Chicken: **Cereals containing gluten**; Spanish Style Quorn Fillet: **Celery, Cereals containing gluten**; Rice and peas: **Celery**; Cheese Baguette: **Cereals containing gluten, Milk, Sesame seeds**; Mixed Vegetables: **No allergens**; Seasonal Salad Bar: **No allergens**; Banana Sponge: **Cereals containing gluten, Eggs**; Fresh Fruit: **No allergens**; Wholemeal Bread: **Cereals containing gluten, Soya**; Cream crackers: **Cereals containing gluten**; Soft Cheese: **Milk**; Cheese & Tomato Pizza: **Celery, Cereals containing gluten, Eggs, Milk, Soya**; Potato Puff: **No allergens**; Tuna Pasta Bake: **Celery, Cereals containing gluten, Fish, Milk, Mustard, Soya**; Tuna Baguette: **Cereals containing gluten, Eggs, Fish, Sesame seeds**; Green Beans: **No allergens**; Angel Delight: **Milk**; Roast chicken: **No allergens**; Roast Quorn Fillet: **Cereals containing gluten**; Roast Potatoes: **No allergens**; Yorkshire Pudding: **Cereals containing gluten, Eggs, Milk**; Gravy: **No allergens**; Carrots: **No allergens**; Fruit Jelly: **No allergens**; Beef Burger: **Cereals containing gluten**; Quorn Burger: **Cereals containing gluten, Eggs, Milk**; Potato Smiles: **No allergens**; Tomato Ketchup: **No allergens**;

Sweetcorn:**No allergens**; Lemon Drizzle Cake:**Cereals containing gluten,Eggs**; Fish Fingers:**Cereals containing gluten,Fish**; Vegetable Fingers:**Cereals containing gluten**; Chips:**No allergens**; Peas:**No allergens**; Baked Beans:**No allergens**; Frozen Yoghurt:**Milk**