

The Crunch -Menu One



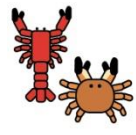
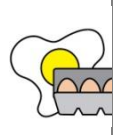
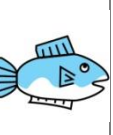
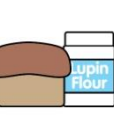




<i>Main course</i>	<i>Monday</i>	<i>Tuesday (Sugar free)</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>1st Choice</i>	<i>Mexican chicken, rice, garden peas</i>	<i>Pasta with aubergine sauce, topped with vegetables and cheese</i>	<i>Roast chicken, Roast- or mash potatoes, Broccoli floret / Gravy</i>	<i>Lamb burger in a bun, potato wedges and diced carrots</i>	<i>Cod fillet Fish finger, oven chips, baked beans</i>
<i>2nd Choice</i>	<i>Tomato sauce with vegetables, rice, garden peas</i>	<i>Pasta with tomato sauce</i>	<i>Cous-cous in tomato Sauce / broccoli floret</i>	<i>Vegetarian burger in a bun, potato wedges and diced carrots</i>	<i>Vegetable finger, oven chip / baked beans</i>
<i>3rd Choice</i>	<i>Sweet corn wrap or cheese & salad wrap, garden peas</i>		<i>Plain cous-cous/ broccoli floret</i>		<i>Jacket potato with cheese, tuna mayonnaise or baked beans</i>
<i>Salad bar Extra</i>	<i>Selection of salads Sliced Bread</i>	<i>Selection of salads Sliced Bread</i>	<i>Selection of salads Sliced Bread</i>	<i>Selection of salads Sliced Bread</i>	<i>Selection of salads Sliced Bread</i>
<i>Dessert</i>	<i>Fruit yoghurt Selection of fresh fruit</i>	<i>Selection of fresh fruit</i>	<i>Selection of fresh fruit</i>	<i>Carrot bake and custard Selection of fresh fruit</i>	<i>Pineapple Slice Selection of fresh fruit</i>

Fresh water is available daily

DISHES AND THEIR ALLERGEN CONTENT




Menu One

Tuesday

DISHES														
	Aubergine	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pasta		✓												
Aubergine sauce	✓													
Bell Pepper sauce														
Tomato sauce														
Coleslaw				✓					✓					
Low fat Yogurt							✓							
Cheese							✓							
Chocolate sponge		✓		✓			✓							
Custard sauce							✓							

DISHES AND THEIR ALLERGEN CONTENT



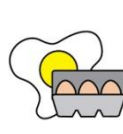
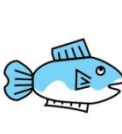
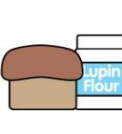

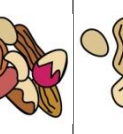
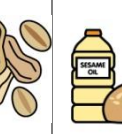
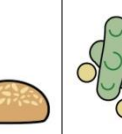
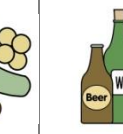

Menu One Wednesday

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Roast chicken	✓													
Salmon pasta arrabiata	✓	✓			✓									
Mash potato							✓							
Roast potato		✓												
Vegetarian Gravy														
Butter bean pasta bake	✓	✓												
Low fat Yogurt							✓							
Coleslaw				✓					✓					
Vegetarian jelly		✓					✓							✓
Cheese							✓							

DISHES AND THEIR ALLERGEN CONTENT

Menu One

Thursday

DISHES														
	Celery	contains gluten	Crustaceans	Eggs	Fish	Lupin	Dairy	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pizza		✓					✓							
Macaroni Cheese							✓							
Cheese							✓							
Jam tart		✓												
Custard sauce							✓							
Tuna mayo				✓	✓				✓					
Low fat Yogurt							✓							
Coleslaw				✓					✓					

