ENERKLY MENUJ Week 1

Week Commencing: Mon 15th Apr - Mon 6th May - Mon 3rd Jun - Mon 24th Jun - Mon 15th Jul

	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Dish of the Day	Chicken Curry & Rice	Bunless Homemade Beef Burger	Roast Chicken ∳ Gravy	Beef Bolognese ↓ GF Penne	GF Fish ∻ Chips (F)	
Vegetarian Dish of the Day	Vegetable Curry ∳ Rice	Bunless Chickpea ↓ Spinach Burger	Jacket Potato with DF Cheese	Tomato & Basil GF Penne Pasta	GF/DF Margherita Pizza	
Vegetable Choice	Seasonal Vegetables	Baked Beans ↓ Seasoned Potato Wedges	Rustic Roast Potatoes & Medley of Seasonal Vegetables	Green Salad	Beans or Peas	
Dessert of the Day	Fruit Jelly	GF Shortbread Biscuit	Fruit Pot	Fruit Jelly	Iced Fruit Lolly	
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details	
Cold Selection	Daily Salad Bar and a Selection of Fresh Fruit and Jelly					
Allergens:			Z	Midsield -	Allergy Free	

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds * = May Contain

Midfield - Allergy Free



Week Commencing: Mon 22nd Apr - Mon 13th May - Mon 10th Jun - Mon 1st Jul - Mon 22nd Jul

	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Dish of the Day	Chicken & Tomato GF Penne Pasta	GF Sausages	Roast Chicken ∳ Gravy	Caribbean Chicken Curry	GF Fish & Chips (F)	
Vegetarian Dish of the Day	Tomato क Basil GF Penne Pasta	Jacket Potato with DF Cheese	Cauliflower Steak	Caribbean Vegetable Curry	Jacket Potato with Beans	
Vegetable Choice	Green Salad	Seasoned Potato Wedges & SweetCorn	Rustic Roast Potatoes & Seasonal Vegetables	JamaiCan Rice ∻ Peas with Seasonal Greens	Beans or Peas	
Dessert of the Day	Fruit Jelly	GF Shortbread Biscuit	Fruit Jelly	Fruit Pot	Iced Fruit Lolly	
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details	
Cold Selection	Daily Salad Bar and a Selection of Fresh Fruit and Jelly					
Milk Mic	afield - Allergy free		cean, E = Eggs, F = Fish, G ustard, N = Nuts, P = Peanu			

* = May Contain

[WEEKLY MENU] Week 3

Week Commencing: Mon 29th Apr - Mon 20th May - Mon 17th Jun - Mon 8th Jul

	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Dish of the Day	Stir Fried Chinese Chicken	GF/DF BBQ Chicken Pizza	Roast Turkey ∻ Gravy	GF Sausages with DF Crushed Potatoes	GF Fish ় Chips (F)	
Vegetarian Dish of the Day	Stir Fried Vegetables	GF/DF Veggie Supreme Pizza	Jacket Potato with DF Cheese	Roasted Vegetable Cottage Pie	GF/DF Margherita Pizza	
Vegetable Choice	Steamed Rice ↓ Greens	Seasoned Potato Wedges & SweetCorn	Rustic Roast Potatoes & Medley of Seasonal Vegetables	Seasonal Greens	Chips & Beans & Peas	
Dessert of the Day	Fruit Jelly	GF Shortbread	Fruit Pot	Fruit Jelly	Iced Fruit Lolly	
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details	
Cold Selection	Daily Salad Bar and a Selection of Fresh Fruit and Jelly					

MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds * = May Contain Midfield - Allergy Free