

3	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Soup Small £3.20 Large £3.90	Roasted Red Pepper & Tomato <b>Contains: no allergens</b> 157kcal	Squash & Butterbean <b>Contains: Celery, Wheat</b> 157kcal	Sweetcorn & Spring Onion Chowder <b>Contains: Celery</b> 155kcal	Potato & Watercress <b>Contains: Celery</b> 158kcal	Squash & Cumin <b>Contains: Celery, Wheat</b> 152kcal

<b>Week 3</b>	<b>Meat £6.15</b>	<b>Vegetarian £5.55</b>	<b>Vegan £5.55</b>
<b>Monday</b>	Mapo Chicken, Spicy Black bean Sauce, basmati Rice <b>WHEAT, BARLEY, SOYA, SESAME</b> Kcal 599	Mapo Tofu, Spicy Black Bean Sauce, Basmati Rice <b>WHEAT, BARLEY, SOYA, SESAME</b> Kcal 506	Tofu BibiMap Rice Bowl & pickled cucumber <b>SESAME, SOYA, WHEAT</b> Kcal 725
<b>Tuesday</b>	Chicken Pathia, cauliflower bhaji – <b>SULPHITES</b> kcal:658	Butter paneer curry, rice <b>MILK, MUSTARD, SULPHITES</b> kcal:1311.4	Tofu BibiMap Rice Bowl & pickled cucumber <b>SESAME, SOYA, WHEAT</b> Kcal 725
<b>Wednesday</b>	Cottage pie, roasted seasonal veg & gravy <b>MILK, WHEAT</b> kcal:717	Spinach filo pie, green salad <b>WHEAT, SULPHITES</b> kcal:728.6	Tofu BibiMap Rice Bowl & pickled cucumber <b>SESAME, SOYA, WHEAT</b> Kcal 725
<b>Thursday</b>	Southern style pork and beans, spiced spelt <b>WHEAT, SPELT, BARLEY, RYE, MUSTARD</b> Kcal 601	Creole butternut squash, spiced spelt <b>WHEAT, SPELT, BARLEY, RYE</b> Kcal 395	Tofu BibiMap Rice Bowl & pickled cucumber <b>SESAME, SOYA, WHEAT</b> Kcal 725
<b>Friday</b>	Battered or breaded Pollock & chips, mushy peas, garden peas. <b>WHEAT, EGG, SULPHUR DIOXIDE, FISH</b> Kcal 753	fried banana blossom, mushy or garden peas, fries & tartar sauce <b>WHEAT, EGG, SULPHUR DIOXIDE</b> Kcal 829	Tofu BibiMap Rice Bowl & pickled cucumber <b>SESAME, SOYA, WHEAT</b> Kcal 725