

Weekly Menu Detail

September 2022 WK 3 Carrington

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Veggie balls in Tomato Sauce & Pasta* Contains Cereals containing Gluten Contains Soybean Contains Wheat	Pasta with Tomato & Basil sauce * Contains Cereals containing Gluten Contains Milk Contains Wheat	Cheese & Tomato Panini * Contains Cereals containing Gluten Contains Milk Contains Wheat May Contains Barley May Contains Oats	Pasta with Tomato & Basil sauce * Contains Cereals containing Gluten Contains Milk Contains Wheat	Jacket Potato with Beans & Cheese (60)* Contains Milk Fish Fingers* Contains Cereals containing Gluten Contains Fish Contains Wheat Sides
Jacket Potato with Cheese* Contains Milk	Cheese & Tomato Pizza (frozen base) 8 * Contains Cereals containing Gluten May Contains Eggs Contains Milk Contains Wheat	Roast Chicken Fresh & Stuffing* Contains Cereals containing Gluten Contains Wheat	Cumberland Veg Sausage GF, Df, EF* Contains Soybean Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg	Baked Beans* Tomato ketchup
Halal Tandoori Chicken** May Contains Cereals containing Gluten Contains Milk Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg May Contains Wheat Sides	Cheese & tomato pizza brown base 16 * Contains Cereals containing Gluten Contains Milk Contains Wheat Sides	Quorn Roast & Gravy* Contains Eggs Contains Milk Sides	Sausages Thin Maloney* Contains Cereals containing Gluten Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg Contains Wheat Sides	Oven chips* Dessert
Carrots*		Vegetable Medley*		Rice Krispie Cake** Contains Cereals containing Gluten Contains Barley
White Rice*	Baguette Chunks*	Mashed Potatoes*	Baguette Chunks*	Fresh Fruit Salad*

Mixed Salad*

Contains Cereals containing
Gluten

Contains Milk
[Dessert](#)

Contains Cereals containing
Gluten

Flatbread*

Contains Cereals containing
Gluten

Contains Milk

Contains Wheat

[Dessert](#)

Contains Wheat

May Contains Barley

May Contains Oats

Oaty Cookies*

Contains Cereals containing
Gluten

Contains Wheat

May Contains Barley

Contains Oats

Contains Wheat

May Contains Barley

May Contains Oats

Mashed Potatoes***Peas*****Peach Yoghurt Flapjack****Dessert****

Contains Cereals containing
Gluten

Contains Milk

Contains added Sulphur dioxide
and/ or sulphites at a level

>10mg/kg

May Contains Wheat

May Contains Barley

Contains Oats

Mixed Salad*

Diced potatoes for roasting
[Dessert](#)

Fresh Fruit Salad***Muffin DF**

Contains Cereals containing
Gluten

Contains Soybean

Contains Eggs

Contains Wheat

Fresh Fruit Salad***Milk***

Contains Milk

Mixed Salad***Onion Gravy**

[Dessert](#)

Fresh Fruit Salad***Chocolate sponge & Chocolate
Custard***

Contains Cereals containing
Gluten

Contains Eggs

Contains Milk

Contains Wheat

Fresh Fruit Salad***Fruit Wedges**