

Weekly Menu Detail

February 2023 Wk 1 Cantrell Gluten free

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
<u>Pasta with Tomato & Basil</u> sauce Gluten Free * May Contains Soybean Contains Milk	<u>Jacket Potato with Tuna</u> Mayonnaise (60)* Contains Fish Contains Eggs	<u>Quorn Roast & Gravy*</u> Contains Eggs Contains Milk	<u>Pasta Gluten Free*</u> May Contains Soybean	<u>Fish Fingers GF*</u> Contains Fish
<u>Jacket potato small*</u>	<u>Chicken Pasta with Tomato & Basil sauce ** GF</u> May Contains Soybean Contains Milk Sides	<u>Roast Pork, Gravy & (Primary) sliced*</u> Sides	<u>Beef Bolognese *</u>	<u>Cheese & Tomato Pizza Gluten Free base *</u> Contains Milk
<u>Veggie mince Chilli GF*</u> Contains Soybean Contains Celery /Celeriac Sides	<u>Sweetcorn*</u>	<u>Roast Potatoes Org*</u>	<u>Quorn Cottage Pie GF**</u> Contains Eggs Contains Milk Contains Barley Sides	<u>Jacket Potato with Tuna</u> Mayonnaise (60)* Contains Fish Contains Eggs Sides
<u>Carrots*</u> Dessert	<u>Fresh Broccoli*</u> Dessert	<u>Vegetable Medley*</u> Dessert	<u>Peas*</u> Dessert	<u>Tomato ketchup</u>
<u>Angel Delight & Fruit*</u> Contains Milk	<u>Fresh Fruit Salad*</u>	<u>Shortbread Cookie DF & GF</u>	<u>Fresh Fruit Salad*</u>	<u>Oven chips*</u>
<u>Fresh Fruit Salad*</u>	<u>Orange Muffin* GF</u> Contains Eggs	<u>Fresh Fruit Salad*</u>	<u>Apple Muffin Gluten Free</u> Contains Eggs Contains Milk	<u>Baked Beans*</u>
				<u>Sweetcorn*</u> Dessert
				<u>Fresh Fruit Salad*</u>

Weekly Menu Detail

February 2023 Wk 2 Cantrell Gluten Free

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
<u>Pasta with Tomato</u> <u>Mascarpone Sauce GF*</u> May Contains Soybean Contains Milk	<u>All day breakfast CLONE GF</u> <u>Cumberland Veg Sausage GF,</u> <u>Df, EF</u> Contains Soybean Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg	<u>Roast Turkey, Gravy, sliced</u> and cooked <u>Quorn Roast & Gravy*</u> Contains Eggs Contains Milk	<u>Chicken curry Punjabi *</u> Contains added Sulphur dioxide and/ or sulphites at a level >10mg/kg	<u>Quorn Fajita Gluten Free Wrap</u> Contains Eggs
<u>Bolognese veggie mince* GF</u> Contains Soybean		<u>Sides</u>	<u>Jacket Potato with Tuna</u> <u>Mayonnaise (60)*</u> Contains Fish Contains Eggs	<u>Fish Fingers GF*</u> Contains Fish
<u>Pasta Gluten Free*</u> May Contains Soybean <u>Sides</u>	<u>Baked Beans*</u>	<u>Roast Potatoes Org*</u>	<u>Sides</u>	<u>Cheese & Tomato Pizza Gluten</u> <u>Free base *</u> Contains Milk <u>Sides</u>
<u>Carrots*</u> <u>Dessert</u>	<u>Jacket potato small</u> <u>Dessert</u>	<u>Vegetable Medley*</u> <u>Dessert</u>	<u>Fresh Broccoli*</u>	<u>Oven chips*</u>
<u>Fresh Fruit Salad*</u>	<u>Jelly & Fruit</u>	<u>Shortbread Cookie DF & GF</u>	<u>Sweetcorn*</u>	<u>Peas*</u> <u>Dessert</u>
<u>Shortbread Cookie GF CLONE</u>	<u>Fresh Fruit Salad*</u>	<u>Fresh Fruit Salad*</u>	<u>White Rice*</u> <u>Dessert</u>	<u>Milk*</u> Contains Milk
			<u>Fresh Fruit Salad*</u>	<u>Fresh Fruit Salad*</u>
				<u>Chocolate Muffin GF**</u> Contains Eggs Contains Milk

Weekly Menu Detail

February 2023 Wk 3 Cantrell Gluten Free

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
<u>Vegetable Chick Pea Curry</u>	<u>Pasta with Tomato & Basil</u>	<u>Quorn Roast & Gravy*</u>	<u>Cumberland Veg Sausage GF,</u>	<u>Jacket Potato with Beans &</u>
	<u>sauce Gluten Free *</u>	Contains Eggs	<u>Df, EF*</u>	<u>Cheese (60)*</u>
<u>Veggie balls in Tomato Sauce *</u>	May Contains Soybean	Contains Milk	Contains Soybean	Contains Milk
Contains Soybean	Contains Milk		Contains added Sulphur dioxide	
Sides		<u>Roast Chicken Fresh</u>	and/ or sulphites at a level	<u>Fish Fingers GF*</u>
	<u>BBQ Chicken pieces **</u>	Sides	>10mg/kg	Contains Fish
Carrots*	Sides			
		<u>Gravy*</u>	<u>Sausage GF*</u>	<u>Cheese & Tomato Pizza Gluten</u>
<u>Pasta Gluten Free*</u>	<u>Sweetcorn*</u>			<u>Free base *</u>
May Contains Soybean		<u>Roast Potatoes Org*</u>	<u>Pasta with Tomato & Basil</u>	Contains Milk
	<u>White Rice*</u>		<u>sauce Gluten Free *</u>	Sides
White Rice*	Dessert	<u>Vegetable Medley*</u>	May Contains Soybean	
Dessert		Dessert	Contains Milk	<u>Baked Beans*</u>
	<u>Fresh Fruit Salad*</u>		Sides	
<u>Fresh Fruit Salad*</u>		<u>Shortbread Cookie DF & GF</u>	<u>Mashed Potatoes*</u>	<u>Tomato ketchup</u>
	<u>Apple Muffin Gluten Free</u>			
	Contains Eggs	<u>Fresh Fruit Salad*</u>	<u>Peas*</u>	<u>Oven chips*</u>
	Contains Milk			Dessert
			<u>Mixed Salad*</u>	<u>Fresh Fruit Salad*</u>
	<u>Fresh custard*</u>		Dessert	
	Contains Milk			
			<u>Fresh Fruit Salad*</u>	

Chocolate custard

Contains Milk

Chocolate Muffin GF**

Contains Eggs

Contains Milk