



## MONDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Roasted tomato & basil soup <b>Ve</b>
MAIN	Vegan layered vegetable & sweet potato bake <b>Ve</b>
MEAT FREE	Chickpea & spinach tikka masala with pilaf rice <b>Ve</b>
TO GO WITH	Bombay potatoes (g) & spiced carrots (g) <b>Ve</b>
DESSERT	Apple & sultana crumble (G) <b>Ve</b> with custard (MK) <b>V</b>

## TUESDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Cream of mushroom soup (MK) <b>V</b>
MAIN	Beef meatballs in roasted tomato & basil sauce (G)
MEAT FREE	Vegan meatballs in a roasted tomato & basil sauce (G,SO) <b>Ve</b>
TO GO WITH	Nut free pesto spaghetti (G,MK), broccoli florets & roasted peppers <b>V</b>
DESSERT	Apple & carrot flapjack (G) <b>Ve</b>

## WEDNESDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Lentil & coriander soup (g) <b>Ve</b>
MAIN	Honey roast gammon with herbed gravy & Yorkshire pudding (G,E,MK)
MEAT FREE	Cauliflower cheese & caramelised onion bake (G,MK) <b>V</b>
TO GO WITH	Diced roast potatoes, seasonal cabbage & roasted cauliflower <b>Ve</b>
DESSERT	Fresh fruit Salad <b>Ve</b>

## THURSDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Mexican bean soup (g) <b>Ve</b>
MAIN	Pepperoni pizza (G,MK)
MEAT FREE	Margherita pizza (G,MK) <b>V</b>
TO GO WITH	Sweet potato & jacket wedges, sweetcorn <b>Ve</b> & coleslaw (E) <b>V</b>
DESSERT	Orange Jelly <b>Ve</b>

## FRIDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Carrot & parsnip soup <b>Ve</b>
MAIN	Baked cod fish fingers (G,F) with ketchup
MEAT FREE	Vegetable goujons with ketchup <b>Ve</b>
TO GO WITH	Oven baked chips, steamed peas & baked beans <b>Ve</b>
DESSERT	Chocolate ice cream (SO,MK) <b>V</b>

### ALSO AVAILABLE EVERY DAY

Baked jackets  
 Salad bar  
 Salad dressings and toppings  
 Bio fruit yoghurts (MK, SO) **V**  
 Fresh fruit or fruit salad **Ve**

### ALLERGEN KEY

CAPITAL LETTERS = contains  
 lower case = may contain  
 Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soyaproducts (SO), Sulphites (SU)

**V** = Vegetarian **Ve** = Vegan





## MONDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Squash & lentil soup (g) <b>Ve</b>
MAIN	Mixed bean & pepper fritata (E,MK) <b>V</b>
MEAT FREE	Quorn sausages (G) with gravy <b>Ve</b>
TO GO WITH	Crushed new potatoes, steamed peas & carrots <b>Ve</b>
DESSERT	Vanilla rice pudding (MK) with berry compote <b>V</b>

## TUESDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Broccoli & stilton soup (MK) <b>V</b>
MAIN	Turkey with creamy pesto sauce (G,MK) with penne pasta (G)
MEAT FREE	Leek & mushroom sauce (G,SO,MK) with penne pasta (G) <b>V</b>
TO GO WITH	Sweetcorn & pan fried cabbage <b>Ve</b>
DESSERT	Strawberry jelly <b>Ve</b>

## WEDNESDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Pea & mint soup <b>Ve</b>
MAIN	Lemon & thyme roast chicken fillets with gravy
MEAT FREE	Lentil, vegetable & sage baked loaf (G) with gravy <b>Ve</b>
TO GO WITH	Roast potatoes, seasonal greens & roast parsnips <b>Ve</b>
DESSERT	Apple & parsnip sponge (G,E) with vanilla sauce (MK) <b>V</b>

## THURSDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Vegetable & noodle soup (G,C) <b>Ve</b>
MAIN	Mexican beef & vegetables served with wrap (G) & guacamole
MEAT FREE	Mexican bean chilli (SO,MU,g) with steamed rice <b>Ve</b>
TO GO WITH	Shredded lettuce, sliced tomatoes <b>Ve</b> & grated cheese (MK) <b>V</b>
DESSERT	Fresh Fruit Salad <b>Ve</b>

## FRIDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Spiced butternut squash soup (C,g) <b>Ve</b>
MAIN	Battered fish (G,F) with homemade tartar sauce (G,E,SU)
MEAT FREE	Roasted tomato & mozzarella open tart (G,MK) <b>V</b>
TO GO WITH	Oven baked chips, steamed peas & baked beans <b>Ve</b>
DESSERT	Banana flapjack (G) <b>Ve</b>

### ALSO AVAILABLE EVERY DAY

Baked jackets  
 Salad bar  
 Salad dressings and toppings  
 Bio fruit yoghurts (MK, SO) **V**  
 Fresh fruit or fruit salad **Ve**

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CITREA

Avon House

Week 2- Week Commencing: 11 Sept 2023, 2 Oct 2023, 23 Oct 2023, 13 Nov 2023, 4 Dec 2023



## MONDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Leek & potato soup (MK) <b>V</b>
MAIN	Squash & vegan mince lasagne (G,MK,SO,e) <b>V</b>
MEAT FREE	Vegetable burger (G) in a bun (G,se) with burger relish <b>Ve</b>
TO GO WITH	Spiced wedges (MU) & baked beans <b>Ve</b>
DESSERT	Winter berry Eton mess (E,MK) <b>V</b>

## TUESDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Creamy cauliflower soup (MK) <b>V</b>
MAIN	Spanish chicken with chorizo & sundried tomato sauce (SO,MK)
MEAT FREE	Spanish quorn & roasted peppers tomato sauce (E) <b>V</b>
TO GO WITH	Paprika rice, corn cobbetts & green beans <b>Ve</b>
DESSERT	Vanilla shortbread (G) <b>Ve</b>

## WEDNESDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Spinach & celery soup (C) <b>Ve</b>
MAIN	Paprika roast chicken with gravy
MEAT FREE	Vegetable wellington (G) with gravy <b>Ve</b>
TO GO WITH	Roast potatoes, seasonal greens & carrots <b>Ve</b>
DESSERT	Orange Jelly <b>Ve</b>

## THURSDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Roasted root vegetable soup <b>Ve</b>
MAIN	Macaroni & beef bolognese bake (G,MK,C) with garlic bread (G,so)
MEAT FREE	Macaroni & cheese bake (G,MK) with garlic bread (G,so) <b>V</b>
TO GO WITH	Green beans & sweetcorn <b>Ve</b>
DESSERT	Cherry rice krispie cake (G,SU) <b>V</b>

## FRIDAY

HOME-BAKED BREAD	Homemade bread of the day
HOMEMADE SOUP	Roasted red pepper & tomato soup <b>Ve</b>
MAIN	Cod fish fingers (G,F) with ketchup
MEAT FREE	Spiced squash & spinach samosa (G) <b>Ve</b>
TO GO WITH	Oven baked chips, steamed peas & baked beans <b>Ve</b>
DESSERT	Fresh Fruit Salad <b>Ve</b>

### ALSO AVAILABLE EVERY DAY

Baked jackets  
 Salad bar  
 Salad dressings and toppings  
 Bio fruit yoghurts (MK, SO) **V**  
 Fresh fruit or fruit salad **Ve**

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Week 3 - Week Commencing: 18 Sept 2023, 9 Oct 2023, 30 Oct 2023, 20 Nov 2023, 11 Dec 2023