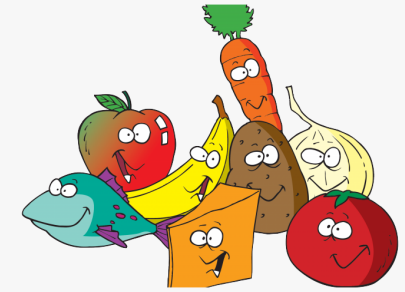
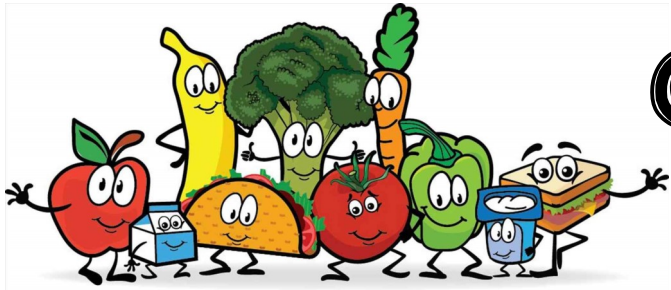


# Chestnuts Menu

## Spring 2022

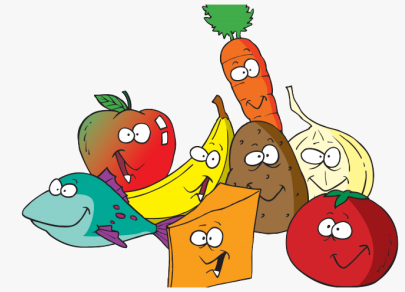
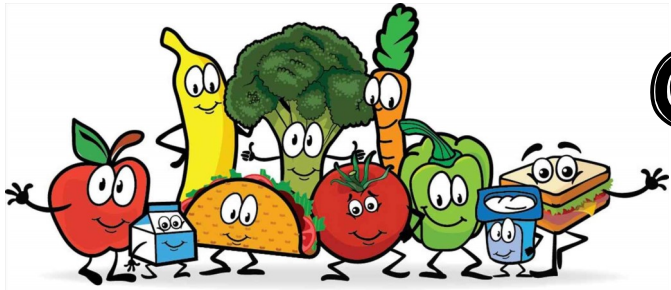


Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Vegetable Curry with Cous Cous <b>GLUTEN</b>	Caribbean Chicken <b>SOY, SULPITES</b>	Roast Turkey	Lamb Shepherds Pie	Fish Gojons <b>GLUTEN, FISH, EGG</b>
<b>Option 2</b>	As Above	Caribbean Cauliflower <b>SOY, SULPITES</b>	Roast Quorn Pieces <b>GLUTEN</b>	Shepherdess Pie <b>CELERY, SOY</b>	Sweetcorn Fritters <b>GLUTEN, EGG</b>
<b>Vegetables</b>	Courgettes, Aubergine, Cauliflower & Potatoes	Broccoli	Baton Varrots	Green Beans, Sweetcorn	Minted Peas
<b>Salad Bar</b>	Mixed Salad	Mixed Salad Coleslaw <b>EGG, MILK</b>	Mixed Salad	Mixed Salad, Cherry Tomatoes	Mixed Salad, Tartar Sauce <b>EGG, SULPHITES, MILK</b>
<b>Dessert</b>	Yoghurt, Fresh Fruits <b>MILK</b>	Beetroot and Chocolate Cake or Fresh Fruit <b>GLUTEN, MILK, EGG</b>	Fresh Fruit	Pof Pof or Fresh Fruit <b>GLUTEN</b>	Fresh Fruit
<b>Others</b>	Olive Focaccia bread, Peppers, Olives <b>GLUTEN</b>	Jallof/Plain Rice, Peppers, Onion, Spices, Tortilla <b>GLUTEN</b>	Potatoes, Gravy, Thyme & Garlic bread <b>GLUTEN</b>	Potatoes, Flat Bread , Brown Lentil, Grated Carrots, Celery, Soy Sauce <b>GLUTEN, SOY, SULPHITES</b>	Skin on Chips



# Chestnuts Menu

## Spring 2022



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Macaroni Bake with Olives <b>GLUTEN, MILK</b>	Spaghetti Bolognaise <b>GLUTEN</b>	Cheese Flan <b>EGG, MILK, GLUTEN</b>	Chicken Tikka Masala <b>MILK</b>	Chicken Sausages <b>GLUTEN, SULPHUR DIOXIDE</b>
<b>Option 2</b>	Macaroni in Tomato Sauce with Olives <b>GLUTEN</b>	Quorn Mince Bolognaise <b>GLUTEN</b>	Pasta in Sauce with Lentil <b>GLUTEN</b>	Chick Pea Curry	Veg Sausages <b>GLUTEN</b>
<b>Vegetables</b>	Garden Peas	Green Beans	Broccoli, Sweetcorn	Roasted Cauliflower	Baby Carrots
<b>Salad Bar</b>	Sweetcorn & Pepper Mixed Salad	Beetroot & Onion Mixed Salad	Assorted Salad, Coleslaw <b>EGG, MILK</b>	Coleslaw, Cherry Tomatoes <b>EGG, MILK</b>	Pomegranate & Spinach Salad
<b>Dessert</b>	Fresh Fruits	Fresh Fruit, Carrot Cake <b>EGG, GLUTEN</b>	Fresh Fruit or Rice Pudding & Jam <b>MILK</b>	Yoghurt or Fresh Fruit <b>MILK</b>	Apple & Blackberry Crumble & Custard, Fresh Fruit <b>MILK, GLUTEN</b>
<b>Others</b>	Thyme & Garlic Bread <b>GLUTEN</b>	Spaghetti, Rosemary, Peppers & Onions, Slice Tortilla <b>GLUTEN</b>	Boiled Potatoes, Flat Bread, Pastry, Fresh Tomatoes <b>GLUTEN, EGG, MILK, CHEESE</b>	Rosemary Bread, Rice, Chick Pea <b>GLUTEN</b>	Hot Dog Roll, Ketchup <b>GLUTEN, MILK</b>

