ERGEN AWARE MENU 24 Monday Tuesday Wednesday Thursday **Friday** GF Cheese & Tomato Chicken Curry Honey Roast **Hot Option 1** Meatballs in a Tomato & Rice Gammon Fish Fingers Sauce Vegan Cheese Vegan Vegetable Potato Topped Spiced Vegan Balls in **Hot Option 2** Vegan Veggie & Cauliflower Pasta Patty Vegetable Pie a Tomato Sauce Fritters Bake Raosted Diced Roast Potatoes Baked Beans or **GF** Pasta Served with **Potatoes** Broccoli Crunchy Veg Sticks & Chips Cabbage, Carrots & Green Beans & Sweetcorn & Gravy Beans (Vegan Cheese Beans (Vegan Cheese Beans (Vegan Cheese Beans (Vegan Cheese **Jacket Potato** Beans (Vegan Cheese available on request) available on request available on request) available on request available on request) GF/DF Iced Fruit Smoothie GF/DF Dessert Fruit Salad Organic Pip Ice Lolly Flapjack Shortbread

Week One: 4 Nov | 25 Nov | 16 Dec | 20 Jan | 10 Feb | 10 Mar | 31 Mar

AAWX 2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option 1	GF/DF Macaroni Cheese	GF Sausages	Roast Chicken	GF Beef Lasagne	GF/DF Fish Fingers
Hot Option 2	DF/GF Tomato & Basil Pasta Bake	Vegetable Rice	GF/DF Broccoli Pasta Bake	GF/DF Vegan Lasagne	Veggie Burger
Served with	Broccoli	Mashed Potato Carrots & Gravy	Roast Potatoes Cabbage, Carrots & Gravy	Green Beans	Baked Beans or Crunchy Veg Sticks & Chips
Jacket Potato	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request	Beans (Vegan Cheese available on request)
Dessert	Organic Pip Ice Lolly	AA Apple Crumble	Fruit Salad	GF/DF Flapjack	GF/DF Shortbread

Week Two: 11 Nov | 2 Dec | 6 Jan | 27 Jan | 24 Feb | 17 Mar

AA WK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option 1	Cheese & Tomato Pizza	GF/DF Fish Pie	Roast Pork & Apple Sauce	Beef Bolognese	GF/DF Fish Fingers
Hot Option 2	Vegan Mixed Bean Fajita	GF/DF Leek & Potato Pie	Roasted Cauliflower 'Steak'	Mediterranean Vegan Bolognese	Vegan Pizza
Served with	Potato Wedges & Sweetcorn	Peas or Baked Beans	Roast Potatoes Broccoli & Carrots Gravy	GF Pasta Green beans	Baked Beans or Crunchy Veg Sticks & Chips
Jacket Potato	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request	Beans (Vegan Cheese available on request)
Dessert	Iced Fruit Smoothie	GF/DF Shortbread	Fruit Jelly (V)	GF/DF Flapjack	Organic Pip Ice Lolly

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Week Three: 18 Nov | 9 Dec | 13 Jan | 3 Feb | 3 Mar | 24 Mar

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