

Stanley Park Spring Menu Week 1

W/c 03/01/23, 23/01/23, 20/02/23, 13/03/23

Monday		Tuesday		Wednesday		Thursday		Friday	
Vegetarian Bolognese Served with penne pasta Carrots	Gluten Dairy Eggs Soybeans	Chicken Curry with White and Brown Rice Sweetcorn	Mustard	Roast Pork Steak, Roast Potato, Vegetables and Gravy	N/A	Beef Moussaka with a Slice of Bread Salad	Dairy Gluten	Breaded Cod Fillet with Baked Chips Baked Beans	Gluten Fish
Vegetable Samosas with New Potato Carrots	Gluten	Veggie Noodle Pot Sweetcorn	Celery Mustard Dairy	Stuffed Potato with Mixed Vegetables	Dairy	Cheese and Tomato Pizza Salad	Gluten Dairy	Vegetable Tart with Baked Chips Baked Beans	Gluten Dairy Egg
Jacket Potato with Cheese or Baked Beans	Dairy	Jacket Potato with Cheese or Beef Bolognese Sauce	Dairy	Jacket Potato with Cheese or Chicken Sauce	Dairy	Jacket Potato with Cheese or Tomato Pork Sauce	Gluten Dairy	Jacket Potato with Cheese or Baked Beans	Dairy
Homemade Fruit Flapjack	Gluten Oats Milk	Apple Crumble with Custard	Gluten Dairy Eggs	Ice cream or fruit yoghurt	Milk	Fruit Cake with Custard	Gluten Dairy Eggs	Belgian Waffle	Gluten Milk Egg Soya