

Stanley Park Spring Menu Week 3

W/c 16/01/23, 06/02/23, 06/03/23, 27/03/23

Monday		Tuesday		Wednesday		Thursday		Friday	
Roasted Vegetable Pasta Carrots	Gluten Dairy Eggs	Chicken Curry with White and Brown Rice Sweetcorn	Mustard	Roast Garlic Chicken Fillet, Roast Potato, Vegetables and Gravy	Gluten Dairy Eggs	Chicken Stew Tagine Salad	Gluten	Fish Cakes with Baked Chips Baked Beans	Gluten Fish
Bean goulash with Pasta	Gluten Celery	Chickpea and vegetable hot pot	Soya Sulphites	Homemade Ratatouille with Couscous	Gluten Celery	Spiced Bulgur Wheat with Roasted Peppers	Gluten Dairy	Spring Rolls with Baked Chips	Gluten Celery Soya
Jacket Potato with Cheese or Baked Beans	Dairy	Jacket Potato with Cheese or Bolognese Sauce	Dairy	Jacket Potato with Cheese or Chicken Sauce	Dairy	Jacket Potato with Cheese or BBQ Chicken	Gluten Dairy	Jacket Potato with Cheese or Baked Beans	Dairy
Syrup Sponge with Toffee Sauce	Gluten Dairy Eggs	Apple Crumble with Custard	Gluten Dairy Eggs	Strawberry Mousse or Fruit Yoghurt	Dairy	Moroccan Lemon Cake (Meskouta)	Gluten Dairy	American Pancakes with Golden Syrup	Gluten Dairy Eggs