

ASTREA HEXTHORPE

Week 1



	MAINS	VEGETARIAN	SIDES	SANDWICHES	DESSERT
MONDAY	CHEESE & TOMATO PASTA BAKE  	ROASTED VEGETABLE PITTA 	HOMEMADE BREAD SEASONAL VEGETABLES 	HAM  	SHORTBREAD BISCUIT 
TUESDAY	CHICKEN TIKKA MASALA 	CHICKPEA & SWEET POTATO CURRY	SEASONAL VEG STEAMED RICE	CHEESE  	FRUIT & YOGHURT 
WEDNESDAY	ROAST CHICKEN 	QUORN FILLET 	YORKSHIRE PUDDIN ROAST POTATOES VEG GRAVY  	TUNA    	FRUIT JELLY
THURSDAY	PORK HOT DOG    	VEGGIE HOT DOG   	POTATO WEDGES SWEETCORN	HAM  	CHOCOLATE CAKE  
FRIDAY	BREADED FISH FINGERS  	CHEESE QUESADILLA  	BAKED BEANS PEAS CRISPY CHIPS	CHEESE  	ICE CREAM 

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Week 2



	MAINS	VEGETARIAN	SIDES	SANDWICHES	DESSERT
MONDAY	MACARONI CHEESE 	TOMATO PASTA 	HOMEMADE BREAD SEASONAL VEG 	HAM 	FRUIT & YOGHURT 
TUESDAY	CHICKEN FAJITAS 	VEGETABLE FAJITAS 	SEASONAL VEGETABLE STEAMED RICE	CHEESE 	LEMON SPONGE CAKE 
WEDNESDAY	ROAST CHICKEN SAUSAGE 	QUORN SAUSAGE 	YORKSHIRE PUDDING MASH POTATOES GRAVY VEG 	TUNA 	CHOCOLATE & BEETROOT BROWNIE 
THURSDAY	BEEF BOLOGNESE 	QUORN BOLOGNESE 	HOMEMADE BREAD SEASONAL VEGETABLES 	HAM 	FRUIT JELLY
FRIDAY	BREADED FISH FILLET 	CRISPY SWEETCORN FRITTERS 	BAKED BEANS CRISPY CHIPS	CHEESE 	ICE CREAM 

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Week 3



	MAINS	VEGETARIAN	SIDES	SANDWICHES	DESSERT
MONDAY	CHEESE & TOMATO PIZZA  	CHEESE & TOMATO PIZZA  	POTATO WEDGES SEASONAL VEGETABLES	HAM  	FRUIT & YOGHURT 
TUESDAY	CHICKEN STIR FRY NOODLES    	VEGETABLE STIR FRY NOODLES    	HOMEMADE BREAD SEASONAL VEG 	CHEESE   	VANILLA SPONGE CAKE WITH CUSTARD   
WEDNESDAY	ROASTED CHICKEN	QUORN ROAST 	YORKSHIRE PUDDING MASH POTATOES GRAVY VEG   	TUNA    	CHOCOLATE CHIP COOKIES  
THURSDAY	ALL DAY BRAKEFAST CHICKEN SAUSAGE  	ALL DAY BRAKEFAST QUORN SAUSAGE 	POTATOES BAKED BEANS SCRUMBLE EGG TOAST  	HAM  	APPLE SPONGE CAKE  
FRIDAY	BREADED FISH FINGERS  	CHEESE & TOMATO PASTRY   	CRISPY CHIPS BAKED BEANS PEAS	CHEESE   	ICE CREAM 

ALLERGENS



NUTS



SHELLFISH



SULPHITES



SEASAME



EGG



CELERY



FISH



GLUTEN



CRUSTACEANS



MILK



PEANUTS



SOYA



MUSTARD



LUPIN