Weekly Menu: Ethos 2022-23 - Wk 3

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Main |  |  | Main Main |  |  | Main |  |  |  |  | Main |
| Cheese & Tomato Penne PastaServed with Garlic Bread | Homemade Loaded Vegetable Pizza served with Crispy Sliced Potatoes & Side Salad | Oven Baked Sausage & Gravy | Beef Lasagne | Oven Baked Fish Fingers |
| Cheese & Onion Pie |  uorn Chilli & Rice | Cheese & Tomato Panini | Quorn Dippers | Mac ’n’ Cheese |
| Pizza Panini | Jacket Potato With Cheese | Jacket Potato with Crunchy Coleslaw | Jacket Potato with Tuna Mayo |
| Jacket Potato With Cheese |
| Tuna & Sweetcorn Wrap served with Herby diced potatoes | Jacket Potato With Beans | Jacket Potato with Tuna Mayonnaise | Jacket Potato With Beans |
| Jacket Potato With Beans |
| Jacket Potato With Beans | Ham Salad | Ham Salad |
| Tuna Salad | Egg Mayonnaise Sandwich |
| Jacket Potato With Cheese | Cheese Salad | Cheese Salad |
| Cheese Sandwich |
| Tuna Salad | Cheese & Ham Panini | Ham & Tomato Panini |
| Cheese Salad |
| Tuna Melt |
| Cheese Salad | Tuna Melt | Cheese & Garlic Panini |
| Pizza Panini |
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| Tuna Melt |
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| Dessert |  |  | Dessert | Dessert |  |  | Dessert |  |  |  |  | Dessert |
| Eve's Pudding with Custard | Fruity Flapjack & Juice | Tea Loaf | Jam Shortcake with Custard | Fruit Scone |
| Eve's Pudding - No Custard | Fruity Pot | Cupcakes | Jelly with Fruit |
| Yoghurt |
| Fresh Fruit Platter | Cupcakes |  | Fresh Fruit Platter |
| Fresh Fruit Platter |
| Whip |  |  |
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**Allergens**

Cheese & Garlic Panini: **Cereals containing gluten, Milk, Sesame seeds, Soya**; Jam Shortcake with Custard: **Cereals containing gluten, Eggs, Milk**; Jelly with Cream: **Milk**; Ham & Tomato Panini: **Cereals containing gluten, Sesame seeds**; Vegetable Fajitas: **Cereals containing gluten, Milk, Mustard**; Vegetarian Sausage: **Cereals containing gluten, Soya, Sulphur Dioxide**; Quorn Dippers: **Celery, Eggs**; Loaded Vegetable Pizza: **Celery, Eggs, Milk, Soya**; Rice Pudding: **Milk**; Yoghurt: **Milk**; Chocolate Sponge with Chocolate Sauce: **Cereals containing gluten, Eggs, Milk, Soya**; Fruit Scone: **Cereals containing gluten, Eggs, Milk, Sulphur Dioxide**; Cheese Salad: **Milk**; Eve's Pudding with Custard: **Cereals containing gluten, Eggs, Milk, Soya**; Eve's Pudding - No Custard: **Cereals**

**containing gluten, Eggs, Milk**; Chocolate Sponge - No Sauce: **Cereals containing gluten, Eggs, Milk**; Pizza Panini: **Celery, Cereals containing gluten, Eggs, Milk, Soya**; Cheese & Ham Panini: **Cereals containing gluten, Milk, Soya**; Cheese & Tomato Panini: **Celery, Cereals containing gluten, Milk, Soya**; Tuna Melt: **Cereals containing gluten, Fish, Milk, Mustard, Soya**; Cupcakes: **Cereals containing gluten, Eggs, Milk, Soya**; Tuna Salad: **Eggs, Fish, Milk, Mustard**; Jacket Potato With Cheese : **Milk**; Cheese Sandwich: **Cereals containing gluten, Milk**; Fruity Falpjack & Juice: **Cereals containing gluten, Nuts, Peanuts, Soya, Sulphur Dioxide**; Savoury Cheese & Onion Roll: **Cereals containing gluten, Eggs, Milk, Sulphur Dioxide**; Quorn Balls with Arrabiata Sauce in a Subroll: **Cereals containing gluten, Eggs**; Egg Mayonnaise Sandwich: **Cereals containing gluten, Eggs, Milk**; Jacket Potato with Tuna Mayo: **Eggs, Fish, Milk, Mustard**; Chicken Burger in a Bun: **Cereals containing gluten, Sesame seeds**; Vegetable Burger in a Bun: **Cereals containing gluten, Milk, Soya**; Salmon Pasta Bake: **Cereals containing gluten, Fish, Milk, Soya**; Jacket Potato with Crunchy Coleslaw: **Eggs, Milk, Mustard**; Chicken Tikka Masala: **Milk**; Roast Of The Day: **Cereals containing gluten, Eggs, Milk, Soya**; Tea Loaf : **Cereals containing gluten, Eggs, Milk, Nuts, Peanuts, Soya, Sulphur Dioxide**