Weekly Menu: Ethos 2022-23 - Wk 1

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Main Main |  |  | Main |  |  | Main |  |  | Main |
| Quorn Dippers | Chicken Tikka Masala | Roast Of | The | Day | Homemade SausageRollsPie | Harry Ramsdens Battered Fish |
| Savoury Mince | Home Made Loaded Pizza | Cheese & Onion Quiche | Pasta served withTomato & Basil Sauce | Quorn Rogan Josh Curry with Rice |
| Jacket Potato With Cheese | Jacket Potato With Cheese | Jacket Potato With Cheese | Pizza Panini |
| Jacket Potato with Cheese & Coleslaw |
| Jacket Potato with Tuna Mayo | Jacket Potato with Tuna Mayo | Jacket Potato with Crunchy Coleslaw |
| Jacket Potato With Cheese |
| Tuna Salad | Cheese Salad |
| Jacket Potato With Beans |
| Egg Salad | Jacket Potato with Tuna Mayo |
| Pizza Panini | Tuna Melt |
| Tuna Salad |
| Ham Sandwich | Ham Salad |
| Cheese & Garlic Panini | Cheese & Tomato Panini |
| Cheese Salad |
| Pizza Panini | Cheese & Ham Panini |
| Egg Mayonnaise Sandwich | Tuna Sandwich |
| Tuna Panini |
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| Dessert | Dessert |  |  | Dessert |  |  | Dessert |  |  | Dessert |
| Fruity Pot | Sponge with Custard | Fruit Muffin | Apple Crumble with Custard | Fruit Muffin |
| Victoria Sponge with Custard | Fruity Flapjack & Juice | Cupcakes | Apple Crumble - No Custard | Fruit Scone |
| Victoria Sponge - No Custard | Yoghurt |  | Fruity Pot | Fresh Fruit Platter |
|  | Fresh Fruit Platter |  |  |

**Allergens**

Cheese & Garlic Panini: **Cereals containing gluten, Milk, Sesame seeds, Soya**; Ice cream: **Milk**; Chocolate Slab Cake: **Cereals containing gluten, Eggs, Milk**; Orange Victoria Sponge: **Cereals containing gluten, Eggs, Soya**; Ham Panini: **Cereals containing gluten, Sesame seeds**; Harry Ramsdens Battered Fish: **Cereals containing gluten, Fish**; Jacket Potato with Cheese & Coleslaw: **Eggs, Milk, Mustard**; Syrup Sponge with Custard: **Cereals containing gluten, Eggs, Milk, Soya**; Rice Pudding: **Milk**; Yoghurt: **Milk**; Fruit Scone: **Cereals containing gluten, Eggs, Milk, Sulphur Dioxide**; Cheese Salad: **Milk**; Apple Crumble with Custard: **Cereals containing gluten, Eggs, Milk**; Apple Crumble - No Custard: **Cereals containing gluten**; Syrup Sponge - No Custard: **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**; Quorn Sausage Roll: **Cereals containing gluten, Eggs, Milk**; Cupcakes: **Cereals containing gluten, Eggs, Milk, Soya**; Minced Beef Pie: **Cereals containing gluten, Eggs**; Tuna Salad: **Eggs, Fish, Milk, Mustard**; Jacket Potato With Cheese : **Milk**; Ham Sandwich: **Cereals containing gluten, Milk**; Cheese Sandwich: **Cereals containing gluten, Milk**; Fruity Falpjack & Juice: **Cereals containing gluten, Nuts, Peanuts, Soya, Sulphur Dioxide**; Quorn Dippers: **Cereals containing gluten, Eggs**; Egg Mayonnaise Sandwich: **Cereals containing gluten, Eggs, Milk**; Jacket Potato with Tuna Mayo: **Eggs, Fish, Milk, Mustard**; Penne Pasta with Italian Sauce: **Cereals containing gluten, Eggs**; Quorn Balti: **Eggs**; Jacket Potato with Crunchy Coleslaw: **Eggs, Milk, Mustard**; Vegetable Lasagne: **Cereals containing gluten, Milk**; Home Made Loaded Pizza: **Cereals**

**containing gluten, Eggs, Milk, Soya**; Roast Of The Day: **Cereals containing gluten, Eggs, Milk, Soya**; Homemade Sausage Roll: **Celery, Cereals containing gluten, Eggs, Mustard, Soya, Sulphur Dioxide**; Tea Loaf : **Cereals containing gluten, Eggs, Milk, Nuts, Peanuts, Soya, Sulphur Dioxide**