

## Weekly Menu: Ethos 2022-23 - Wk 2



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
Chicken Pie	Quorn Korma	Roast of The Day	Sausage Style Meatballs served with tomato pasta	Salmon Fillet
Quorn Frankfurter & Ketchup in a Bread Roll	Cheese & Tomato Calzone	Vegetarian Spaghetti Bolognese	Savoury Cheese Pinwheel	Quorn Tikka Wrap
Jacket Potato with Crunchy Coleslaw	Penne Pasta served with Arrabiata Sauce	Tuna Melt	Pizza Panini	Tuna Melt
Jacket Potato With Cheese	Jacket Potato With Cheese	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese & Coleslaw	Jacket Potato with Crunchy Coleslaw
Tuna Salad	Cheese Salad	Jacket Potato With Beans	Jacket Potato with Beans	Cheese & Tomato Panini
Egg Mayonnaise Sandwich	Cheese & Ham Panini	Cheese Salad	Cheese Salad	Ham Salad
Cheese Panini	Tuna Melt	Cheese & Garlic Panini		
	Ham Sandwich			
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
Sponge Pudding	Apple Pie	Rice Pudding	Chocolate Fudge cake with Custard	Carrot cake
Fruity Pot	Fresh Fruit Platter	Tea Loaf	Fruity Flapjack & Juice	Fruit Scone
Yoghurt	Fruit in Jelly		Fresh Fruit Platter	Fruity Pot

### Allergens

Cheese & Garlic Panini: **Cereals containing gluten, Milk, Sesame seeds, Soya**; Cheese Panini: **Cereals containing gluten, Milk, Sesame seeds, Soya**; Chocolate Fudge Pudding: **Cereals containing gluten, Eggs, Milk, Soya**; Lemon Drizzle Cake: **Cereals containing gluten, Eggs**; Apple Pie: **Cereals containing gluten, Eggs, Soya**; Ham & Tomato Panini: **Cereals containing gluten, Sesame seeds**; Quorn Korma: **Eggs, Milk**; Quorn Tikka Wrap: **Cereals containing gluten, Eggs, Milk**; Cheese & Tomato Calzone: **Celery, Eggs, Milk**; Jacket Potato with Cheese & Coleslaw: **Eggs, Milk, Mustard**; Jam Sponge with Custard: **Cereals containing gluten, Eggs, Milk, Soya**; Yoghurt: **Milk**; Fruit Scone: **Cereals containing gluten, Eggs, Milk, Sulphur Dioxide**; Cheese Salad: **Milk**; Carrotcake: **Cereals containing gluten, Eggs, Sesame seeds**; 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**; Tuna Salad: **Eggs, Fish, Milk, Mustard**; Jacket Potato With Cheese : **Milk**; Savoury Cheese Pinwheel: **Cereals containing gluten, Eggs, Milk, Sulphur Dioxide**; Fish Fingers In A Golden Crumb: **Cereals containing gluten, Fish, Mustard**; Southern Style Crumbed Chicken: **Celery, Cereals containing gluten, Eggs, Milk, Mustard, Soya**; Ham Sandwich: **Cereals containing gluten, Milk**; Oven Baked Sausage: **Cereals containing gluten**; Fruity Flapjack & Juice: **Cereals containing gluten, Nuts, Peanuts, Soya, Sulphur Dioxide**; Egg Mayonnaise Sandwich: **Cereals containing gluten, Eggs, Milk**; Jacket Potato with Tuna Mayo: **Eggs, Fish, Milk, Mustard**; Mac 'n' Cheese: **Cereals containing gluten, Milk**; Pasta with Spicy Tomato Sauce: **Celery, Cereals containing gluten, Eggs, Milk, Mustard**; Jacket Potato with Crunchy Coleslaw: **Eggs, Milk, Mustard**; Vegetarian Sausage: **Cereals containing gluten, Sulphur Dioxide**; Cottage Pie: **Milk, Sulphur Dioxide**; Salmon Fillet In Breadcrumbs: **Cereals containing gluten, Fish**; Tea Loaf : **Cereals containing gluten, Eggs, Milk, Nuts, Peanuts, Soya, Sulphur Dioxide**