Tuck Inn

Monday	Tuesday	Wednesday	Thursday	Friday
Salmon Fish Cakes (2,3) Hash Brown Quiche (1,5) Cheese & Tomato Pasta (1,3) *** Diced Potato Beans Mixed Vegetables *** Rice Pudding (1) & Jam	Macaroni Cheese (1,3,7) Lamb Pilaf (4,6) Veg Fingers (3) *** Wedges Cauliflower Peas *** Pancakes & Syrup (1,3,5)	Roast Chicken Quorn Roast (1,5) Veggie Crumble (1,3,4,6) Cheese & Mayo Wrap (1,3,5) *** Roast Potatoes Yorkshire Pudding (1,3,5) Carrots Cabbage Gravy *** Iced Courgette Cake (1,3,5)	Sweet & Sour Chicken Lentil Dahl Cheese & Tomato Pasta (1,3) *** Rice Mixed Vegetables Broccoli *** Chocolate Orange Cake & Chocolate Sauce (1,3,5)	Fish Fingers (2,3) Beef Burgers Meat Free Burgers (4,3) *** Baked Beans Sweetcorn Chips *** Biscuit & Juice (1,3)
Cheese & Tomato Pizza (1,3) Vegetable Lasagne with Garlic Bread (1,3,6,7) Fish Pie (1,2,3,7) *** Peas Baked Beans *** Mousse (1) & Fruit	Beef Goulash Veg Chilli (3,5,6) Cheese & Tomato Pasta (1,3) *** Sauté Potatoes Sweetcorn Green Beans *** Fruit Crumble & Custard (1,3)	Roast Chicken Quorn Sausage (3,5) Cauliflower & Broccoli Bake (1,3,7) Cheese Sandwich (1,3) *** Yorkshire Pudding (1,3,5) Roast Potatoes Carrots Roasted Vegetables Gravy *** Jam & Coconut Sponge with Custard (1,3,5)	Chicken Red Curry Veg Red Curry Jacket Potato & Baked Beans *** Rice Mixed Vegetables Broccoli *** Iced Apple Cake (1,3,5)	Fish Fingers (2,3) Pork Sausage Roll (1,3,5,7,8) Cheese & Onion Roll (1,3) *** Baked Beans Sweetcorn Chips *** Chocolate Fudge Cake (1,3,5)

Salad cart & bread, cheese & biscuits, yoghurt, fresh fruit and milk are available every day.

A cheese wrap may be pre-ordered for Wednesday only

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Soya, 5. Egg, 6. Celery, 7. Mustard 8. Sulphar Dioxide 9. Metabisulphite

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE

