

Poplars menu 2019

Day	Week 1	Week 2	Week 3
Monday	<p>Malt Loaf (V) Gluten & Milk</p> <p>-----</p> <p>Spaghetti Bolognaise (with added vegetables) Gluten & Garlic bread Gluten</p> <p>Melon</p> <hr/> <p>Filled wraps Gluten – Ham, Cheese Milk & Jam. 2</p> <p>With cucumber Sticks</p> <p>Banana</p>	<p>Breadsticks & Houmous (V) Gluten</p> <p>-----</p> <p>Sausage, bean, carrots & parsnips casserole Gluten & Sulpher dioxide</p> <p>Banana</p> <hr/> <p>Cheese & Tomato Pasta Bake (V) Gluten & Milk</p> <p>fairy cakes (V) Gluten, Eggs & Milk</p>	<p>Cheese spread & Crackers (V) Gluten & Milk</p> <p>-----</p> <p>Fish pie with parsley sauce and peas. Milk, Fish</p> <p>Fromage Frais (V) Milk</p> <hr/> <p>Sausage & Finger roll Gluten & Sulpher dioxide</p> <p>Cucumber sticks</p> <p>Melon</p>
Tuesday	<p>Grapes</p> <p>-----</p> <p>Meat balls & Rice Gluten & Egg</p> <p>Fromage Frais Milk</p> <p>-----</p> <p>Beans on toast (V) Gluten & Soya</p> <p>Apple</p>	<p>Biscuit (V) Gluten</p> <p>-----</p> <p>Spaghetti bolognaise (with added vegetables) Gluten & Garlic Bread Gluten</p> <p>Apple</p> <p>-----</p> <p>Homemade Vegetable soup with bread (V) Gluten & Soya</p> <p>Raisins</p>	<p>Banana</p> <p>-----</p> <p>Cottage Pie</p> <p>Melon</p> <p>-----</p> <p>Cheese Puffs & Spaghetti hoops (V)</p> <p>Jam tart (V) Milk & Gluten</p>
Wednesday	<p>Breadsticks & Houmous (V) Gluten</p> <p>-----</p> <p>Turkey, roast potato & Vegetables.</p> <p>Ice cream in a cone (V) Milk, Gluten Soya</p> <p>-----</p> <p>Tomato, Tuna & Sweetcorn pasta Gluten & Fish</p> <p>Fairy cake (V) Gluten, Eggs & Milk</p>	<p>Water Melon</p> <p>-----</p> <p>Mild chicken & Butternut squash curry with Rice Mustard</p> <p>Fromage frais Milk</p> <p>-----</p> <p>Pizza & Beans (V) Gluten, milk</p> <p>Grapes</p>	<p>Malt loaf (V) Gluten & Milk</p> <p>-----</p> <p>Turkey, roast potato & Vegetables.</p> <p>Apple</p> <p>-----</p> <p>Assorted sandwiches Gluten & Soya</p> <p>Ham, Cheese milk & Jam</p> <p>Fromage Frais (V) Milk</p>

Thursday	<p>Banana</p> <p>-----</p> <p>Fish pie with parsley sauce and peas. Milk, Fish</p> <p>Jelly</p> <p>-----</p> <p>Jacket Potato with cheese & beans. Milk (V)</p> <p>Raisins</p>	<p>Cheese spread & crackers (V) Gluten & milk</p> <p>-----</p> <p>Gammon new potatoes & vegetables</p> <p>Pear</p> <p>-----</p> <p>Lentil & Vegetable Soup (V) Gluten Bread Gluten, soya</p> <p>Pear</p>	<p>Melon</p> <p>-----</p> <p>Spaghetti bolognaise (with added vegetables) Gluten & Garlic Bread Gluten</p> <p>Ice cream in a cone Milk, Gluten, Soya</p> <p>-----</p> <p>Fishcake & Beans Gluten & Fish</p> <p>Banana</p>
Friday	<p>crumpets Gluten (V)</p> <p>-----</p> <p>Chicken & Vegetable Jambalaya</p> <p>Water Melon</p> <p>-----</p> <p>Homemade Vegetable soup with bread (V) Gluten & Soya</p> <p>Fromage Frais Milk</p>	<p>Raisins</p> <p>-----</p> <p>Fish pie with parsley sauce and peas. Milk, Fish</p> <p>Jelly</p> <p>-----</p> <p>Assorted sandwiches Gluten & Soya Ham, Cheese milk & Jam</p> <p>Satsuma</p>	<p>Oranges</p> <p>-----</p> <p>Toad in the Hole, Peas & gravy Gluten & Sulphur dioxide</p> <p>Grapes</p> <p>-----</p> <p>Cheese & Tomato Pasta Bake (V) Gluten & Milk</p> <p>Angel Whirl Milk (V)</p>

Vegetarian meals are available and special dietary requirements are catered for.

*** Blue indicate an allergen**

*** (V) - Meals suitable for vegetarians**

There is also a vegetarian menu.

Reviewed and updated 22/03/2019