

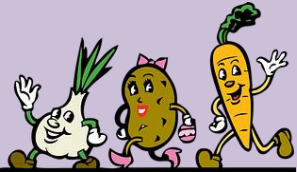


Serenity School Student Menu



Week 4



Day	Meat Option	Vegetarian Option	Side Dish
Monday	Chicken Stir-Fry (with Chicken) Ingredients: chicken, noodles, veg, soy sauce [G, S]	Vegetarian Stir-Fry Ingredients: vegetable, noodles, soy sauce [G, S]	White rice or Rice noodles (oil, mixed spices, salt & pepper)
Tuesday 	Sausage & Mash Ingredients: (Pork sausage, Mashed potato, gravy) [G, D, C,]	Veggie Sausage & Mash Ingredients: Vegetable sausages, Mashed potato, gravy [G, D, C]	Peas + Carrots
Wednesday	Beef Chilli Con Carne Ingredients: Beef, Beans, Spices	Veggie Chilli Ingredients: Beans, Peppers, Tomato	Rice + Tortilla Chips [G]
Thursday	Chicken Pasta Bake Ingredients: (Chicken, pasta, cheese, tomato) [D]	Veggie Bake Ingredients: (Vegetables, Rice, Cream sauce) [D]	Salad + Sweetcorn
Friday 	Margarita Pizza Ingredients: Pizza base (wheat flour), tomato sauce, cheese, paprika, salt, garlic, oregano [G, D]	Mixed Vegetable Pizza Ingredients: Wheat flour, tomato sauce, mixed herbs, bell pepper, courgette, red onion, mozzarella cheese [G, D]	Potato wedges + Coleslaw 

Allergens Key:

G = Gluten (wheat, pasta, bread)

D = Dairy (milk, cheese, cream)

E = Egg

S = Soya

C = Celery

M = Mustard

F = Fish