

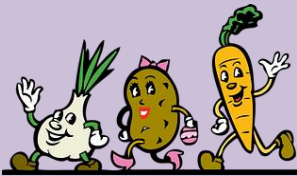


Serenity School Student Menu



Week 5



Day	Meat Option	Vegetarian Option	Side Dish
Monday	Roast Chicken Ingredients: chicken, herbs	Roast Vegetable Bake Ingredients: vegetable, herbs	Roast potatoes + gravy [C]
Tuesday 	Chicken Tikka Ingredients: chicken, tikka spices, tomato, cream alternative [C,]	Chickpea Tikka Ingredients: chickpea, tikka, [C]	Rice + Naan Bread [G]
Wednesday	Beef Stroganoff Ingredients: Beef, cream alternative, mushrooms [D]	Mushroom Stroganoff Ingredients: mushrooms, cream alternative, [D]	Rice + Peas
Thursday	Chicken Pasta Carbonara Ingredients: (Chicken, pasta, cream, cheese) [G, D]	Veggie Carbonara Ingredients: (pasta, cream, cheese) [D]	Chips + Peas
Friday 	Fish & Chips Ingredients: Cod fish, batter, chips [G, F]	Vegetable Fingers Ingredients: veg, breadcrumb coating [G, E]	Chips + Peas 

Allergens Key:

G = Gluten (wheat, pasta, bread)

D = Dairy (milk, cheese, cream)

E = Egg

S = Soya

C = Celery

M = Mustard

F = Fish