

# 7 Hills CATERING

## MENU WEEK 3

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Chicken in Tomato & Basil Sauce, Pasta & Sweetcorn <i>Contains Gluten</i>	Spaghetti Beef Bolognese & Peas <i>Contains Gluten</i>	Roast Turkey, Roast Potatoes & Peas <i>(Contains, Gluten,)</i>	Chicken Pie, Mashed Potato, Peas & Gravy <i>(Contains Gluten,)</i>	Salmon Fishcake, Peas & Chips <i>(Contains Gluten, Egg, Fish)</i>
Quorn Fried Rice, Veg Samosa & Curry Sauce <i>Contains Gluten Milk Mustard</i>	Macaroni Cheese & Sweetcorn <i>(Contains Gluten, Milk, Egg)</i>	Quorn Fillet, Roast Potatoes & Peas <i>(Contains Gluten, Milk, Egg, Soya )</i>	Vegetarian Lasagne with Sweetcorn & Garlic Bread <i>(Contains Gluten, Egg, Milk)</i>	Vegetarian meatballs, Pasta & Peas <i>(Contains Gluten, Egg, Milk)</i>
Strawberry Mousse <i>( Contains Gluten, Milk, Egg )</i>	Chocolate Sponge & Custard <i>(Contains Gluten,, Milk Egg)</i>	Rice Crispy Crunch & Custard <i>Contains Gluten, Milk Egg</i>	Mini Chocolate Muffins <i>Contains ,Milk Egg</i>	Vanilla Ice Cream Tub Or Fruit Pot & Yoghurt <i>contains milk</i>
Jacket Potato Cheese, Beans Or Tuna & Salad <i>(contains Gluten Milk Egg)</i>	Jacket Potato Cheese, Beans Or Tuna & Salad <i>( contains Gluten Milk Egg)</i>	Jacket Potato Cheese, Beans Or Tuna & Salad <i>( contains Gluten Milk Egg)</i>	Jacket Potato Cheese, Beans Or Tuna & Salad <i>( contains Gluten Milk Egg)</i>	Jacket Potato Cheese, Beans, Tuna Or Bolognese & Salad <i>( contains Gluten Milk Egg)</i>
Sandwiches & Wraps Cheese, Tuna, Chicken Ham or Egg mayonnaise <i>Contains Gluten Milk Egg</i>	Sandwiches & Wraps Cheese, Tuna, Chicken Ham or Egg mayonnaise <i>Contains Gluten Milk Egg</i>	Sandwiches & Wraps Cheese, Tuna, Chicken Ham or Egg mayonnaise <i>Contains Gluten Milk Egg</i>	Sandwiches & Wraps Cheese, Tuna, Chicken Ham or Egg mayonnaise <i>Contains Gluten Milk Egg</i>	Sandwiches & Wraps Cheese, Tuna, Chicken Ham or Egg mayonnaise Fresh fruit & Veg Sticks <i>Contains Gluten Milk Egg</i>

Week commencing 20<sup>th</sup> September 11<sup>th</sup> October