

## BUMPER FOOD PANTRY

**MEALS ARE PAYABLE EITHER WEEKLY IN ADVANCE OR DAILY AT £2.20 PER DAY**

**Cold option:** Monday, Wednesday & Friday baguettes, Tuesday & Thursday wraps

For an explanation of the abbreviations marked in red please see reverse of menu

WEEK COMMENCING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3<sup>rd</sup> October</b>	Vegetarian sausages new potatoes baked beans <b>G MPSD</b>	Sweet and Sour Chicken Rice <b>S.D</b>	Roast Pork Broccoli, Carrots Roast Potatoes <b>M.S.D.Y</b>	Omelette cheese and onion filling, salad <b>E.MP G</b>	Fish stars, creamed potatoes spaghetti <b>F.G</b>
	Angel Delight <b>MP</b>	Carrot cake <b>MPG</b>	Cookies <b>GMP</b>	Jelly	Assorted desserts
<b>10<sup>th</sup> October</b>	Pasties potatoes mixed veg <b>MPG</b>	Chicken Korma Rice <b>GMP</b>	Roast Pork roast potatoes Carrots, broccoli <b>GSDMP</b>	Jacket potato cheese and ham, salad <b>MPF</b>	Tuna pasta bake <b>FMPG</b>
	Flapjack <b>G</b>	Fruit jelly	Rice Krispies squares	Shortbread <b>MPG</b>	Assorted desserts
<b>17<sup>th</sup> October</b>	Shepherd pie carrots, green beans <b>MPG</b>	Vegetarian lasagne Salad + Crusty Roll <b>EMP</b>	Beef stew <b>G.M.P.SD</b>	Turkey dino, New Potatoes Spaghetti hoops <b>E.G.</b>	Salmon fishcakes creamed potatoes peas <b>F.MPG</b>
	Mousse <b>MP</b>	Apple pie and custard <b>MPG</b>	Jam & Coconut sponge <b>MPEG</b>	Doughnuts <b>MP</b>	Assorted desserts
<b>31<sup>st</sup> October</b>	Sausage rolls creamed potatoes baked beans	Tri pasta in tomato and herb sauce garlic bread <b>E.MPG</b>	Roast chicken Roast potatoes carrots broccoli <b>G.S.D.M.P</b>	French Bread pizza salad coleslaw <b>MPG</b>	Banger and Mash baked beans <b>MPG</b>
	Angel Delight <b>MP</b>	Cookies <b>G.M.P</b>	Carrot cake <b>M.P.G</b>	Choc ice <b>MPG</b>	Assorted desserts

# ALLERGY ABBREVIATIONS

**SD** - Sodium Dioxide

**E** - Egg

**G** - Cereals containing gluten

**MP** - milk products

**Y** - Soya

**F** - Fish

**M** - Mustard

**S** - Sesame seeds