

Weekly Menu: Christ The Sower Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Sowers Sizzling Sausages	Tantalizingly Tasty Turkey Burgers	Wicked Wednesday Fish Fingers	McSower Monster Burger	
Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Mashed Potato	Pommes Noisettes	Carrots	Potato Wedges	
Garden Peas	Sweetcorn	Garlic Bread	Salad	
Dessert	Dessert	Dessert	Dessert	Dessert
Banana Cake	Chocolate Brownie	Shortbread Cookie	Artic Roll	

Allergens

Sowers Sizzling Sausages: Cereals containing gluten; **Tantalizingly Tasty Turkey Burgers:** Cereals containing gluten; **McSower Monster Burger:** Cereals containing gluten; **Banana Cake:** Cereals containing gluten, Eggs, Milk; **Chocolate Brownie:** Cereals containing gluten, Eggs, Milk; **Shortbread Cookie:** Cereals containing gluten; **Artic Roll:** Cereals containing gluten, Eggs, Milk; **Pommes Noisettes:** Milk, Sulphur Dioxide; **Potato Wedges:** Cereals containing gluten; **Garlic Bread:** Cereals containing gluten, Milk; **Wicked Wednesday Fish Fingers:** Cereals containing gluten, Fish