

WHATS FOR LUNCH?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato & Mixed Pepper Pasta GLUTEN (WHEAT)	Cajun Chicken	Turkey Bolognese GLUTEN (WHEAT)	Mamy's Beef Curry CELERY	Crispy Fried Chicken GLUTEN (WHEAT)
MAIN (OPTION 2)	Super Pesto Rigatoni GLUTEN (WHEAT)	Cajun Tofu SOY	Brown Lentil Bolognese GLUTEN (WHEAT)	Mamy's Tofu Curry CELERY & SOY	Crispy Fried Bites SOY
SIDES <i>Where main includes, portion will be offered as optional extra</i>	Roasted Garlic & Olive Oil Wholemeal Focaccia GLUTEN (WHEAT)	Red Rice	Garlic Foccacia GLUTEN (WHEAT)	Basmati Rice Garnished with Coriander	Skin on Chips BBQ Sauce & Ketchup SULPHITE
VEGETABLES	Seasonal Fresh Vegetables Served Daily With Every Meal, On The Side				
DESSERTS/ ACCOMPANIMENTS	Honey Yoghurt and Fruit MILK	Hulk Cake EGG & GLUTEN (WHEAT)	Honey Yoghurt and Fruit MILK	Butternut Squash and Cocoa Cake EGG & GLUTEN (WHEAT)	Honey Yoghurt and Fruit MILK

Week Commencing:

Wherever possible, all food is on site from local, British ingredients. Allergen free options will always be available



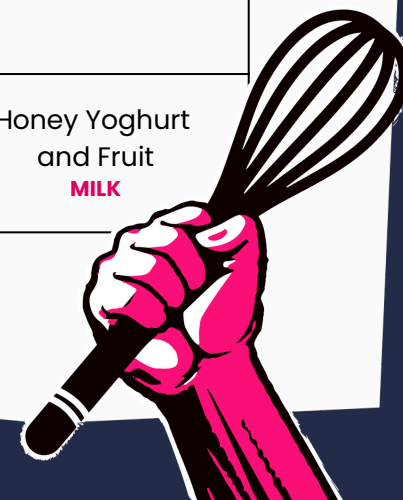
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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato and Black Olive Penne Pasta GLUTEN (WHEAT)	Jerk Chicken Drumstick SOY & SULPHITES	Teriyaki Noodle Stir Fry SOY, GLUTEN (WHEAT)	Beef Rendang	Panko Crumbed Fresh Fish of the Day FISH, EGG & GLUTEN (WHEAT)
MAIN (OPTION 2)	Seasonal Vegetable Mac 'N' Cheese GLUTEN (WHEAT) & MILK	Jerk Butternut Squash Steak and Cannelini Beans SOY & SULPHITES	Egg Fried Rice EGG	Jackfruit Rendang	Crispy Sweetcorn Fritters
SIDES <i>Where main includes, portion will be offered as optional extra</i>	Rosemary Wholemeal Focaccia GLUTEN (WHEAT)	Jollof Rice	Included in Main	Coriander Rice Naan Bread GLUTEN (WHEAT)	Skin on Chips Tartare Sauce & Ketchup EGG & SULPHITE
VEGETABLES	Seasonal Fresh Vegetables Served Daily With Every Meal, On The Side				
DESSERTS/ ACCOMPANIMENTS	Honey Yoghurt and Fruit MILK	Apple Cinnamon Cake GLUTEN (WHEAT), MILK, EGG	Rice Pudding OAT	Fruit Jelly	Honey Yoghurt and Fruit MILK

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WHATS FOR LUNCH?

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Fresh Tomato & Mascarpone Penne GLUTEN (WHEAT) & MILK	Chicken Chow Mein SOY, WHEAT	Lasagne GLUTEN (WHEAT) & MILK	Roast Chicken	Thai Fish Bites FISH
MAIN (OPTION 2)	Winter Pasta GLUTEN (WHEAT)	Crispy Tofu Chow Mein SOY, WHEAT	Mixed Lentil Lasagne GLUTEN (WHEAT) & MILK	Herb and Seed Roast Loaf	Tofu Crispy Bites SOY
SIDES <i>Where main includes, portion will be offered as optional extra</i>	Wholemeal Focaccia GLUTEN (WHEAT)	Included in the Main	Tomato & Basil Salad	Roast Potatoes	Skin on Chips, Baked Beans SULPHITES Lemon Mayo
VEGETABLES	Seasonal Fresh Vegetables Served Daily With Every Meal, On The Side				
DESSERTS/ ACCOMPANIMENTS	Honey Yoghurt and Fruit MILK	Seasonal Fruit Flapjack GLUTEN (OATS)	Honey Yoghurt and Fruit MILK	Sweet Potato and Cardamom Cake GLUTEN(WHEAT), MILK, EGG	Honey Yoghurt and Fruit MILK

Week Commencing:

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