

WHATS FOR LUNCH?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato & Mixed Pepper Pasta GLUTEN(WHEAT)	Cajun Chicken	Turkey Meatballs GLUTEN (WHEAT)	Mamy's Beef Curry CELERY	Barbeque Chicken Thigh
MAIN (OPTION 2)	Pesto Penne GLUTEN (WHEAT)	Cajun Tofu SOY	Plant Based Meatballs GLUTEN (WHEAT)	Mamy's Tofu Curry CELERY & SOY	Barbeque Quorn SOY
SIDES <i>Where main includes, portion will be offered as optional extra</i>	Roasted Garlic & Olive Oil Wholemeal Focaccia GLUTEN(WHEAT)	Red Rice	Included in Main	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	Coconut Cake EGG & GLUTEN (WHEAT)	Honey Yoghurt and Fruit MILK	Apple and Cinnamon 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



WHATS FOR LUNCH?

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato and Basil Penne Pasta GLUTEN (WHEAT)	Jerk Chicken Drumstick SOY & SULPHITES	Teriyaki Noodle Stir Fry SOY, GLUTEN (WHEAT)	Beef Curry	Omega 3 Fish Fingers GLUTEN (WHEAT)
MAIN (OPTION 2)	Seasonal Vegetable Mac 'N' Cheese GLUTEN(WHEAT)&MILK	Jerk Jackfruit Bites	Egg Fried Rice EGG	Vegetable Curry	Crispy Sweetcorn Fritters
SIDES <i>Where main includes, portion will be offered as optional extra</i>	Rosemary Wholemeal Focaccia GLUTEN(WHEAT)	Basmati 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), EGG	Rice Pudding OAT	Fruit Jelly	Honey Yoghurt and Fruit MILK

Week Commencing:

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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	Barbeque Chicken Thigh
MAIN (OPTION 2)	Winter Pasta GLUTEN (WHEAT)	Crispy Tofu Chow Mein SOY, WHEAT	Mixed Lentil Lasagne GLUTEN(WHEAT)&MILK	Herb and Seed Roast Loaf	Barbeque Quorn
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, BBQ Sauce & Ketchup SULPHITE
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	Fruit Jelly	Honey Yoghurt and Fruit MILK

Week Commencing:

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