

WHATS FOR LUNCH?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato & Lentil Pasta Bake GLUTEN (WHEAT), MILK	Chilli Con Carne	Peri-Peri Roast Chicken SULPHITES	Jerk Chicken SOY	Baked Fish Of The Day GLUTEN (WHEAT), EGG
MAIN (OPTION 2)	Macaroni Cheese GLUTEN (WHEAT) & MILK	5-Bean Chilli	Spinach, Feta & Butter Bean Bourek GLUTEN (WHEAT), MILK	Jerk Cauliflower with Braised Lentils SOY	Baked Halloumi MILK
SIDES <i>Where main includes, portion will be offered as optional extra</i>	Wholemeal Focaccia GLUTEN (WHEAT)	50/50 Rice	Roast New Potatoes	Rice & Peas	Skin on Chips Roasted Fruit Chili Sauce & Ketchup SULPHITE
VEGETABLES	Seasonal Fresh Vegetables Served Daily With Every Meal, On The Side				
DESSERTS/ ACCOMPANIMENTS	Honey Yoghurt and Fruit MILK	Honey Yoghurt and Fruit MILK	Blackberry & Apple Crumble MILK, GLUTEN (OATS & WHEAT)	Honey Yoghurt and Fruit MILK	Honey Yoghurt and Fruit MILK

Week Commencing:

Wherever possible, all food is cooked fresh 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 & Lentil Pasta Bake GLUTEN (WHEAT), MILK	Chipotle Chicken & Roast Peppers	Beef & Lentil Lasagne GLUTEN (WHEAT), MILK	Chicken Chaat Curry	Panko Crumbed Fresh Fish of the Day FISH, EGG & GLUTEN (WHEAT)
MAIN (OPTION 2)	Super Pesto Pasta GLUTEN (WHEAT), MILK	Black Bean & Vegetable Enchiladas GLUTEN (WHEAT), MILK	Puy Lentil & Vegetable Lasagne GLUTEN (WHEAT), MILK	Chickpea & Sweet Potato Curry	Baked Sweetcorn Fritters
SIDES <i>Where main includes, portion will be offered as optional extra</i>	Rosemary Wholemeal Focaccia GLUTEN (WHEAT)	Tortilla Wraps GLUTEN (WHEAT)	Garlic Bread GLUTEN (WHEAT)	50/50 Rice	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	Honey Yoghurt and Fruit MILK	Incredible Hulk Cake GLUTEN (WHEAT), EGGS	Honey Yoghurt and Fruit MILK	Honey Yoghurt and Fruit MILK

Week Commencing:

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