

WHAT'S FOR LUNCH?

Spring
Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Tomato Pasta Bake with Cheese MILK	Chicken Fajita Wraps SULPHITES	Beef Ragu GLUTEN	Jerk Chicken SULPHITES	Fish Fingers FISH, EGGS, GLUTEN (WHEAT)
MAIN (V)	As above	Vegetable Fajita Wraps SULPHITES	Quorn Ragu SOY & GLUTEN	Jerk Halloumi MILK & SULPHITES	Veggie Fritters GLUTEN (WHEAT)
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Garlic Bread GLUTEN (WHEAT)	Plain rice	Spaghetti or Pasta GLUTEN (WHEAT)	Jollof Rice Wholemeal Bread GLUTEN (WHEAT)	Skin on Chips
VEGETABLES	Sweetcorn	Green Beans	Broccoli	Smoked Paprika Sweet Corn	Mushy Peas
SALAD BAR	Salad bar available daily – includes freshly prepared salad, salad pickles, coleslaw, potato salad				
FRUIT	Fresh Fruit Platter available daily				
DESSERT	Vanilla Sponge & Custard		Shortbread Biscuits		
	Yoghurt & Honey available daily EGGS, GLUTEN (WHEAT) & MILK				

Weeks Commencing:

6th & 20th January, 3rd & 24th February, 10th & 24th March

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

WHAT'S FOR LUNCH?

Spring
Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chow Mein SOYA	Chicken Curry	Sausages with Onion Gravy SULPHITES & GLUTEN(WHEAT)	B's Beef Stew	Fresh Fish of the Day FISH, EGGS, GLUTEN (WHEAT)
MAIN (V)	As above	Vegetable Curry	Vegetarian Sausages with Onion Gravy GLUTEN(WHEAT)	B's Vegetable & Kidney Bean Stew	Spiced Vegetable Patties CELERY, GLUTEN (WHEAT)
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Egg Noodles EGGS, GLUTEN (WHEAT)	Plain Rice	Mashed Potatoes Wholemeal Bread GLUTEN(WHEAT)	Jollof Rice Pitta Bread GLUTEN(WHEAT)	Chips Wholemeal Bread GLUTEN (WHEAT)
VEGETABLES	<i>*Included in Main</i>	Curried Cauliflower	Garden Peas	Honey Roasted Carrots	Corn on the Cob
SALAD BAR	Salad bar available daily – includes freshly prepared salad, salad pickles, coleslaw, potato salad				
FRUIT	Fresh Fruit Platter available daily				
DESSERT	Apple Crumble & Custard		Raisin Cookies		
	Yoghurt & Honey available daily EGGS, GLUTEN (WHEAT) & MILK				

Weeks Commencing:

13th & 27th January, 10th February, 3rd, 17th & 31st March

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