

WHAT'S FOR LUNCH?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Wholemeal Tomato Pasta Bake GLUTEN	Homemade Chicken & Leek Pie Gluten	Roast Chicken with Gravy	Lamb Keema Curry	Oven Baked Fish Fingers FISH & GLUTEN
MAIN (OPTION 2)	Pesto Pasta GLUTEN	Homemade Mushrooms & Leek Pie Gluten	Roasted Cauliflower	Chik Pea Curry	Vegetable Cheese Bake Gluten, MILK
SIDES Where main includes, portion will be offered as optional extra	Wholemeal Garlic Bread GLUTEN	Roasted New Potatoes	Roasted Potatoes	Mix of Brown & White Rice	Oven Bake Chips Tartare Sauce with Capers & Cornichons
VEGETABLES	Roasted Broccoli	Baby Carrots & Peas	Seasonal Autumn Vegetables	Roasted Cajun Cauliflower	Baked Beans
EXTRAS	Greek Yoghurt & Fresh Fruits Served Daily Wednesday Apple & Cinamon Sponge Cake (GLUTEN, EGG)				

WHAT'S FOR LUNCH?

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Wholemeal Vegetable Ratatouille GLUTEN	Traditional Shepherd's Pie MILK	Wholemeal Margherita Pizza GLUTEN, MILK	Chicken Biryani	Homemade Fish Pie Salmon & White fish FISH, MILK
MAIN (OPTION 2)	Cream Mushrooms Pasta GLUTEN, MILK	Lentil & Vegetables Shepherd's Pie MILK	As Option 1 Gluten & Dairy Free Available	Vegetable Biryani	Creamy Vegetable Pie MILK
SIDES Where main includes, portion will be offered as optional extra	Wholemeal Garlic Bread GLUTEN	Wholemeal Bread GLUTEN	Roasted New Potatoes	Basmati Rice	Creamy Mash Potatoes MILK
VEGETABLES	Green Beans	Baby Carrots & Peas	Sweetcorn	Roasted Cauliflower	Green Beans
EXTRAS	Greek Yoghurt & Fresh Fruits Served Daily Wednesday Apple & Blackberry Oat Crumble (GLUTEN)				

WHAT'S FOR LUNCH?

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato & Basil Spaghetti GLUTEN	Beef Casserole	Roast Turkey & Gravy	Mild Chicken Korma MILK	Oven Bake Fish Fingers FISH & GLUTEN
MAIN (OPTION 2)	Pesto Penne Pasta GLUTEN	Bean & Veg Casserole	Cajun Rasted Cauliflower	Sweet Potatoes Chickpea Curry	Vegetable Fingers GLUTEN
SIDES Where main includes, portion will be offered as optional extra	Wholemeal Garlic Bread GLUTEN	Creamy Mash Potatoes MILK	Roasted Potatoes	Mixed Brown & White Rice	Oven Bake Chips Tartare Sauce with Capers & Cornichons
VEGETABLES	Roasted Broccoli	Cabbage & Carrots	Seasonal Vegetables	Green Beans	Baked Beans
EXTRAS	Greek Yoghurt & Fresh Fruits Served Daily Wednesday Carrot & Orange Sponge Cake (EGGS, GLUTEN)				

