

WHAT'S FOR LUNCH?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Pasta Primavera with Vegetable and Cheese Sauce GLUTEN & MILK	Beef Cottage Pie MILK	Pizza Margherita GLUTEN & MILK	Coconut Chicken Curry	Home Made Fish Goujons FISH, EGGS & GLUTEN
MAIN (OPTION 2)	As Option 1 GLUTEN FREE AVAILABLE	Vegetable Cottage Pie SOYA & MILK	As Option 1 GLUTEN FREE AVAILABLE	Basmati Rice	Carrot & Courgette Fritter
SIDES	Wholemeal Bread		Crispi Mini Potato Wedges	Chickpea Curry	Oven Bake Chips
Where main includes, portion will be offered as optional extra	GLUTEN				Tartare Sauce with Capers & Cornichons
VEGETABLES	Roasted Broccoli	Roasted Carrots	Green Beans	Mix Seasonal Vegetable	Petit Pois
EXTRAS	Greek Yoghurt with Honey & Fruit Served Daily Tuesday Marble Cake Thursday Apple Sponge Traybake EGGS, GLUTEN & MILK				

WHAT'S FOR LUNCH?

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Roasted Vegetable Pasta with Tomato Basil Sauce GLUTEN	Beef Chilli Con Carne	Roasted Chicken Drumsticks	Lamb Keema Curry	Fishcakes FISH, GLUTEN & EGGS
MAIN (OPTION 2)	Pesto Pasta GLUTEN	Vegetable Chilli Con Carne SOYA	Roasted Cauliflower	Lentil & Vegetable Curry	Onion Bhaji
SIDES Where main includes, portion will be offered as optional extra	Garlic Wholemeal Bread GLUTEN	Basmati Rice	Roasted Potatoes	Basmati Rice	Oven Bake Chips Tartare Sauce with Capers & Cornichons
VEGETABLES	Sweetcorn	Roasted Broccoli	Roasted Carrots	Roasted Cauliflower	Peas & Baby Carrots
EXTRAS	Greek Yoghurt with Honey & Fresh Fruit Available Daily Tuesday Chocolate Traybake, Thursday Lemon Drizzle Traybake EGGS, MILK & GLUTEN				

WHAT'S FOR LUNCH?

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Cheesy Macaroni Pasta GLUTEN & MILK	Sweet & Sour Chicken	Build Your Own Jacket Potato	Chicken Biryani	Homemade Fish Bites FISH, EGGS & GLUTEN
MAIN (OPTION 2)	As Option 1 GLUTEN FREE AVAILABLE	Asian Stir-Fry Vegetables SOYA	As Option 1 GLUTEN FREE AVAILABLE	Vegetable Biryani	Vegetable Pakora
SIDES Where main includes, portion will be offered as optional extra	Garlic & Rosemary Focaccia GLUTEN	Steamy Noodles GLUTEN & EGG	Beef Chilli, Cheddar, Baked Beans MILK	Basmati Rice	Oven Bake Chips Tartare Sauce with Capers & Cornichons
VEGETABLES	Roasted Broccoli	Simple Greens with Garlic	Green Beans	Rosemary Cauliflower	Baked Beans
EXTRAS	Greek Yoghurt with Honey & Fruit Served Daily Tuesday Carrot Cake Thursday Vanilla Traybake EGGS, GLUTEN & MILK				

