WHAT'S FOR LUNCH?

AUTUMN WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Macaroni Cheese WHEAT & MILK	Tacos with beef chilli	Homemade Cheese & Tomato Pizza WHEAT, MILK	Chicken curry	Panko Crumbed Fresh Fish of the Day FISH, EGGS & WHEAT
VEGETARIAN (OPTION 2)	Gnocchi & tomato sauce WHEAT	Tacos with sweet potato & bean chilli SOY	Tomato pasta WHEAT	Tomato and chickpea curry	Halloumi fries WHEAT, MILK, EGGS
SIDES Where main includes, portion will be offered as optional extra	Garlic & Olive Oil Wholemeal Focaccia WHEAT	Rice, Tomato Salsa, Grated cheese, DAIRY	Mixed Salad Bar, Garlic & Herb Dip MILK	& Basmati rice, wraps raita WHEAT, MILK	Skin on Fries and Garlic Lemon Mayo SULPHITES
VEGETABLES	Roasted Broccoli or Peas	Smoked Paprika Sweetcorn	Coleslaw	Kachumber salad	Minted Peas
EXTRAS	Fresh Fruit Platter and Greek Yoghurt with Honey or cheese and crackers daily				

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

WHAT'S FOR LUNCH?

AUTUMN
WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Pasta Bake WHEAT & MILK	Baked potatoes	Curry noodles WHEAT, SOY	Peri Peri Chicken	Panko Crumbed Fish Wraps FISH, EGGS & WHEAT
VEGETARIAN (OPTION 2)	Fresh Pesto Pasta WHEAT, SOY	-	Creamy coconut noodles WHEAT, SOY	Peri Peri Roasted Vegetables	Falafel wrap WHEAT
SIDES Where main includes, portion will be offered as optional extra	Wholemeal Garlic Focaccia WHEAT	Grated cheese, homemade beans, tuna mayo, coleslaw WHEAT & MILK & FISH	Cucumber salad	Couscous GLUTEN	Roasted potatoes, chipotle mayo.
VEGETABLES	Roasted Broccoli	Sweetcorn	Garlic Roasted Broccoli	Garlic Roasted carrots	Petit Pois Peas
EXTRAS	Fresh Fruit Platter and Greek Yoghurt with Honey or cheese and crackers daily				

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