

WHAT'S FOR LUNCH?

SUMMER WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne Marinara w/ Fresh Basil and Parmesan GLUTEN(WHEAT) & MILK	Kids' Jerk Chicken	Olive Oil and Maldon baked Jacket Potato	'Bowl o' Red' Texas Chili Con Carne GLUTEN (WHEAT)	Fish of the Day FISH & GLUTEN(WHEAT) EGG (if fish finger)
MAIN (OPTION 2)	Penne Pesto pasta GLUTEN(WHEAT) & MILK	Kids' Jerk Halloumi MILK	Ancient Grain Timbale	Texas Vegan Chili GLUTEN (WHEAT) Allergen Free Options	Crispy Fritters SOY, EGGS & GLUTEN (WHEAT)
SIDES Where main includes, portion will be offered as optional extra		Carol Thomas' Rice and Peas	Tuna Mayo Beans Cheese MILK	Arroz Verde Salsa Crudo	Skin on Chips, & Ketchup SULPHITE
VEGETABLES	Steamed Broccoli	Seasonal Greens Skinny Slaw	Seasonal Greens Caramalised Onions DAIRY	Seasonal Greens	Minted Peas
EXTRAS	Salad and Dressing and Plain Option with Vegetables Available Daily Fresh Fruit and Greek Yoghurt with Honey or Fruit Compote Available Daily Wednesday = Fruity Flapjack GLUTEN(OATS) & MILK & SULPHITES				

Week Commencing: 15th April/ 6th May/ 3rd June/ 15th July

Wherever possible, all food is homemade on site from local, British ingredients. Allergen free options will always be available. No Ultra-High Processed Foods.

WHAT'S FOR LUNCH?

SUMMER WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne Marinara w/ Fresh Basil and Parmesan GLUTEN(WHEAT) & MILK	"Nondo's" Peri Peri Chicken	Homemade Roman Style Pizza 1 GLUTEN(WHEAT), MILK	Kitchen Butterfly Nigerian Crispy Chicken w/ gravy	Fish of the Day FISH & GLUTEN(WHEAT) EGG (if fish finger)
MAIN (OPTION 2)	Smoky Tuna and Mackerel Pasta Bake GLUTEN(WHEAT), FISH & MILK	Peri Peri Roast Cauliflower	Homemade Roman Style Pizza 2 GLUTEN(WHEAT),	Spiced Halloumi SOY	Crispy Fritters SOY & GLUTEN (WHEAT)
SIDES Where main includes, portion will be offered as optional extra	Grated Cheese MILK	Saffron Rice	Various toppings [Spinach, Broccoli, peppers]	Jollof Rice	Skin on Chips, & Ketchup SULPHITE
VEGETABLES	Amazing Broccoli	Peas	Crunchy Salad	Seasonal Greens Fried Plantain	Minted Peas and Green
EXTRAS	Salad and Dressing and Plain Option with Vegetables Available Daily Fresh Fruit and Greek Yoghurt with Honey or Fruit Compote Available Daily Tuesday = Date and Pineapple Cake EGGS, MILK & GLUTEN(WHEAT)				

Week Commencing:

22nd April/ 13th May/ 10th June/ 1st July/22nd July

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WHAT'S FOR LUNCH?

SUMMER WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne Marinara w/ Fresh Basil and Parmesan GLUTEN(WHEAT) & MILK	Lemon and Thyme Chicken	Chow Mein Noodles w/ firm tofu EGGS SOY GLUTEN(WHEAT)	Keema Matar [Beef Curry with Peas]	Fish of the Day FISH & GLUTEN(WHEAT) EGG (if fish finger)
MAIN (OPTION 2)	Smoky Tuna and Mackerel Pasta Bake GLUTEN(WHEAT), FISH & MILK)	Grilled Halloumi MILK	Chinese Baked Rice w/ smoked tofu SOY	Aloo Palak [Spinach and Potato]	Crispy Fritters SOY EGGS & GLUTEN (WHEAT)
SIDES Where main includes, portion will be offered as optional extra		Skinny Potato Salad Crunchy Bean Salad	Smacked Cucumber SOY	Tarka Dahl Pilaf Rice	Skin on Chips, & Ketchup SULPHITE
VEGETABLES	Steamed Broccoli	Smoky Charred Corn	Chinese Greens	Green Salad	Minted Peas
EXTRAS	Salad and Dressing and Plain Option with Vegetables Available Daily Fresh Fruit and Greek Yoghurt with Honey or Fruit Compote Available Daily Tuesday = Ruby Chocolate Cake GLUTEN(OATS) & MILK & SULPHITES				

Week Commencing:

29th April/ 20th May/ 17th June/ 8th July

Wherever possible, all food is homemade on site from local, British ingredients. Allergen free options will always be available. No Ultra-High Processed Foods.