

# WHAT'S FOR LUNCH?

## AUTUMN WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Penne Marinara GLUTEN(WHEAT)	Homemade Chicken Adana Kebab	Olive Oil and Malden Jacket Potato	Chili Con Carne GLUTEN (WHEAT), LEGUMES	Fish of the Day FISH, EGGS & GLUTEN(WHEAT)
<b>MAIN (OPTION 2)</b>	Penne Pesto pasta GLUTEN(WHEAT) & MILK	Crispy Aubergine EGGS & GLUTEN(WHEAT)	Steamed Rice	Veggie Chili GLUTEN (WHEAT), LEGUMES Allergen Free Options	Crispy Fritters SOY, EGGS & GLUTEN (WHEAT)
<b>SIDES</b> Where main includes, portion will be offered as optional extra	Bean Salad LEGUMES Grated Cheese MILK	Pilaf Rice Crunchy Salad Yogurt Dressing MILK	Smoky Tuna Mayo FISH, EGGS Beans LEGUMES Cheese MILK	Potatoes and/or Basmati Rice Salsa Crudo	Skin on Chips, & Ketchup SULPHITE
<b>VEGETABLES</b>	Steamed Broccoli	Seasonal Greens	Caramalised Onions MILK	Seasonal Greens	Minted Peas LEGUMES
<b>EXTRAS</b>	Salad and Dressing and Plain Option with Vegetables Available Daily Fresh Fruit and Greek Yoghurt with Honey or Fruit Compote Available Daily Thursday = Joss' Fruity Flapjack MILK & GLUTEN(OATS)				

Week Commencing: Sept 2<sup>nd</sup> / Sept 23<sup>rd</sup> / Oct 14<sup>th</sup> / Nov 11<sup>th</sup> / Dec 2<sup>nd</sup>

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



# WHAT'S FOR LUNCH?

## AUTUMN WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Penne Marinara GLUTEN(WHEAT) & MILK	Lemon and Thyme Chicken	Homemade Pizza GLUTEN(WHEAT), MILK	Keema Matar [Beef with Peas] LEGUMES	Fish of the Day FISH, EGGS & GLUTEN(WHEAT)
<b>MAIN (OPTION 2)</b>	Creamy Mushroom Pasta GLUTEN(WHEAT), MILK	Grilled Halloumi MILK	Homemade Pizza GLUTEN(WHEAT),	Aloo Palak [Spinach and Potato]	Crispy Fritters SOY EGGS & GLUTEN (WHEAT)
<b>SIDES</b> Where main includes, portion will be offered as optional extra	Bean Salad LEGUMES Grated Cheese MILK	New Potatoes Crunchy Salad	Selection of Toppings	Dahl LEGUMES Basmati Rice	Skin on Chips, & Ketchup SULPHITE
<b>VEGETABLES</b>	Rosemary Roasted Broccoli	Peas LEGUMES	Crunchy Salad	Seasonal Greens	Minted Peas LEGUMES
<b>EXTRAS</b>	Salad and Dressing and Plain Option with Vegetables Available Daily Fresh Fruit and Greek Yoghurt with Honey or Fruit Compote Available Daily Thursday = Orange Cake GLUTEN(WHEAT) & MILK & EGGS				

Week Commencing: Sept 9<sup>th</sup> / Sept 30<sup>th</sup> / Oct 21<sup>st</sup> / Nov 18<sup>th</sup> / Dec 9<sup>th</sup>

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# WHAT'S FOR LUNCH?

## AUTUMN WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Penne Marinara GLUTEN(WHEAT)	Kids' Jerk Chicken	Chow Mein Noodles EGGS SOY GLUTEN(WHEAT)	Texas Barbecue Brisket	Fish of the Day FISH, EGGS & GLUTEN(WHEAT)
<b>MAIN (OPTION 2)</b>	Smoky Tuna Pasta Bake GLUTEN(WHEAT), FISH & MILK	Kids' Jerk Tofu SOY GLUTEN(WHEAT)	Chinese Baked Rice SOY GLUTEN(WHEAT)	Texas Barbecue Jackfruit	Crispy Fritters SOY EGGS & GLUTEN (WHEAT)
<b>SIDES</b> Where main includes, portion will be offered as optional extra	Bean Salad LEGUMES Grated Cheese MILK	Rice and Peas LEGUMES	Smacked Cucumber SOY GLUTEN(WHEAT)	Skinny Potato Salad Smoky Sweetcorn	Skin on Chips, & Ketchup SULPHITE
<b>VEGETABLES</b>	Steamed Broccoli	Seasonal Greens Skinny Slaw	Steamed Chinese Greens	Seasonal Greens	Minted Peas LEGUMES
<b>EXTRAS</b>	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 EGGS, MILK & GLUTEN(WHEAT)				

Week Commencing: Sept 16<sup>th</sup> / Oct 7<sup>th</sup> / Nov 4<sup>th</sup> / Nov 25<sup>th</sup> / Dec 16<sup>th</sup>

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