

WHAT'S FOR LUNCH?

SPRING WEEK

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne Marinara w/ Parmesan GLUTEN(WHEAT) & MILK	Kids' Jerk Chicken	Jacket Potato	Beef Stew with Carrots and Peas MUSTARD, CELERY	Fish of the Day FISH, GLUTEN(WHEAT) & EGG (If Fish Fingers)
MAIN (OPTION 2)	Penne Pesto pasta GLUTEN(WHEAT) & MILK	Kids' Jerk Halloumi MILK	Steamed Rice	Veggie Stew with Squash and Beans MUSTARD, CELERY	Crispy Fritters SOY, EGG, GLUTEN (WHEAT)
SIDES Where main includes, portion will be offered as optional extra		Rice and Peas	Tuna Mayo Beans Cheese MILK	Potatoes and/or Basmati Rice	Skin on Chips, & Ketchup SULPHITE
VEGETABLES	Steamed Broccoli	Seasonal Greens Skinny Slaw	Caramalised Onions MILK	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:

6th January/ 27th January/ 24th February/ 17th March

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

WHAT'S FOR LUNCH?

**SPRING
WEEK 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne Marinara w/ Parmesan GLUTEN(WHEAT) & MILK	"Nondo's" Peri Peri Chicken	Homemade Pizza 1 GLUTEN(WHEAT), MILK	Chicken Chow Mein EGGS SOY GLUTEN(WHEAT)	Fish of the Day FISH, GLUTEN(WHEAT) & EGG (If Fish Fingers)
MAIN (OPTION 2)	Tuna Pasta Bake GLUTEN(WHEAT), FISH & MILK	Peri Peri Roast Cauliflower	Homemade Pizza 2 GLUTEN(WHEAT),	Veggie Chow Mein EGGS SOY GLUTEN(WHEAT)	Crispy Fritters SOY, EGGS & GLUTEN (WHEAT)
SIDES Where main includes, portion will be offered as optional extra	Grated Cheese MILK	Saffron Rice	Various toppings	Smacked Cucumber SOY	Skin on Chips, & Ketchup SULPHITE
VEGETABLES	Amazing Broccoli	Peas	Crunchy Salad	Chinese Green SOY	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:

13th January / 3RD February / 3RD March / 24th March

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

WHAT'S FOR LUNCH?

SPRING WEEK

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne Marinara w/ Parmesan GLUTEN(WHEAT) & MILK	Lemon and Thyme Chicken	Bangers and gravy GLUTEN(WHEAT), SOY, CELERY	Keema Matar [Beef Curry with Peas]	Fish of the Day FISH, GLUTEN(WHEAT) & EGG (If Fish Fingers)
MAIN (OPTION 2)	Pesto(Allergy Free) Rigatoni GLUTEN(WHEAT)	Grilled Halloumi MILK	Meatballs in gravy GLUTEN(WHEAT), SOY, CELERY	Aloo Palak [Spinach and Potato]	Crispy Fritters SOY EGGS & GLUTEN (WHEAT)
SIDES Where main includes, portion will be offered as optional extra		Crushed New Potatoes Crunchy Bean Salad	Mash Potato MILK	Dahl Pilaf Rice	Skin on Chips, & Ketchup SULPHITE
VEGETABLES	Steamed Broccoli	Charred Corn	Seasonal Greens	Seasonal Green	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 = Banana Flapjack GLUTEN(OATS) & MILK & SULPHITES				

Week Commencing:

20th January/ 10th February/ 10th March/ 31st March

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