

# WHAT'S FOR LUNCH?

**WEEK 1**

w/c:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN OPTION 1</b>	Pasta Pomorola GLUTEN (WHEAT), MILK	Chipotle Chicken Taco GLUTEN (WHEAT)	Jacket Potato	Star Anise Beef Stew CELERY	Crispy Battered Fish FISH, GLUTEN (WHEAT)
<b>MAIN OPTION 2</b>	Pesto Tricolore Farfalla GLUTEN (WHEAT), MILK, SULPHITES	Chipotle Bean Taco GLUTEN (WHEAT)	Jacket Potato	Aubergine Curry SULPHITES	Summer Vegetable Fritter
<b>VEGETABLES</b>	SEASONAL VEGETABLES AND SALAD BAR ARE AVAILABLE DAILY. BOTH ARE INCLUDED WITH A MAIN MEAL				
<b>SIDES</b>	Freshly Baked Focaccia GLUTEN (WHEAT)	Corn Salad	Tuna and Mackerel Mayo, Beans, Cheese FISH, MILK	Herby Couscous GLUTEN (WHEAT) Dahl	Skin on Chips Herby Peas
<b>DESSERT</b>	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK	Apple and Blackberry Crumble GLUTEN (OATS, WHEAT) MILK	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK

**Week Commencing:** 1<sup>st</sup> September/22<sup>nd</sup> September/13<sup>th</sup> October/10<sup>th</sup> November/1<sup>st</sup> December

**A SELECTION OF BREAKFAST, BREADS, FRESH FRUIT AND YOGHURT AVAILABLE EVERY DAY**

**ALLERGY FREE OPTIONS OF ALL MEALS AVAILABLE - PLEASE SPEAK TO YOUR SCHOOL CHEF**

# WHAT'S FOR LUNCH?

**WEEK 2**

w/c:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN OPTION 1</b>	Mac n Cheese with Crispy Onions GLUTEN (WHEAT), MILK, MUSTARD	Peri Peri Chicken SULPHITES	School-made Pizza 1 GLUTEN (WHEAT), MILK	Beef Lasagne GLUTEN (WHEAT)	Crispy Battered Fish FISH, GLUTEN (WHEAT)
<b>MAIN OPTION 2</b>	Tomato Pomodoro Pasta GLUTEN (WHEAT)	Peri Peri Halloumi SOY, SULPHITES	School-made Pizza 2 GLUTEN (WHEAT), MILK	Butternut Squash Lasagne GLUTEN (WHEAT)	Spring Vegetable Fritter
<b>VEGETABLES</b>	SEASONAL VEGETABLES AND SALAD BAR ARE AVAILABLE DAILY. BOTH ARE INCLUDED WITH A MAIN MEAL				
<b>SIDES</b>	Freshly Baked Focaccia GLUTEN (WHEAT)	Rice and Peas	Italian Salad SULPHITES Potato Wedges	Garlic Bread GLUTEN (WHEAT)	Skin On Chips Herby Peas
<b>DESSERT</b>	Yoghurt and Fresh Fruit MILK	Chocolate and Beetroot Cake EGGS, GLUTEN (WHEAT)	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK

**Week Commencing:** 8th September/ 29<sup>th</sup> September/20<sup>th</sup> October/17<sup>th</sup> November/ 8<sup>th</sup> December

**A SELECTION OF BREAKFAST, BREADS, SANDWICHES, FRESH FRUIT AND YOGHURT AVAILABLE EVERY DAY**

**ALLERGY FREE OPTIONS OF ALL MEALS AVAILABLE - PLEASE SPEAK TO YOUR SCHOOL CHEF**

**CHEFS IN SCHOOLS** 

# WHAT'S FOR LUNCH?

**WEEK 3**

w/c:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN OPTION 1</b>	Tomato Pasta Bake GLUTEN (WHEAT), MILK	Chili Con Carne SULPHITES	Ratatouille	Sweet 'n' Sour Chicken SULPHITES	Crispy Battered Fish FISH, GLUTEN (WHEAT)
<b>MAIN OPTION 2</b>	Lemon and Garlic Pasta with Herb Breadcrumbs GLUTEN (WHEAT)	Chili <i>Sin</i> Carne SULPHITES	Aubergine Parmigiana GLUTEN (WHEAT), MILK	Sweet 'n' Sour Cauliflower SULPHITES	Spring Vegetable Fritter
<b>VEGETABLES</b>	SEASONAL VEGETABLES AND SALAD BAR ARE AVAILABLE DAILY. BOTH ARE INCLUDED WITH A MAIN MEAL				
<b>SIDES</b>	Freshly Baked Focaccia GLUTEN (WHEAT)	Paprika Rice	Couscous GLUTEN (WHEAT)	Smacked Cucumber SOY Chinese Greens SOY	Skin On Chips Herby Peas
<b>DESSERT</b>	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK	Seasonal Fruit Flapjack GLUTEN (WHEAT), MILK	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK

**Week Commencing:** 15<sup>th</sup> September/6<sup>th</sup> October/3<sup>rd</sup> November/24<sup>th</sup> November/15<sup>th</sup> December

**A SELECTION OF BREAKFAST, BREADS, SANDWICHES, FRESH FRUIT AND YOGHURT AVAILABLE EVERY DAY**

**ALLERGY FREE OPTIONS OF ALL MEALS AVAILABLE - PLEASE SPEAK TO YOUR SCHOOL CHEF**

**CHEFS IN SCHOOLS** 