

# WHAT'S FOR LUNCH?

**WEEK 1**

w/c:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN OPTION 1</b>	Tomato Pomorola GLUTEN (WHEAT), SULPHITES	Chipotle Chicken Tortilla GLUTEN (WHEAT), SOY, SULPHITES	Jacket Potato	Beef Bolognaise with Spaghetti Wheat	Crispy Battered Fish FISH, GLUTEN (WHEAT)
<b>MAIN OPTION 2</b>	Creamy Mushroom Pasta GLUTEN (WHEAT), MILK, SULPHITES	Chipotle Bean Tortilla GLUTEN (WHEAT)	Jacket Potato	Vegan Bolognaise with Spaghetti 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)	Mexican Corn Salad	Tuna Mayo, Beans, Cheese FISH, MILK	Selection Veg	Skin on Chips Herby Peas
<b>DESSERT</b>	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK	Vanilla Cake with Custard EGGS, GLUTEN (WHEAT) MILK	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK

**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**

Week Commencing: 26<sup>th</sup> Jan, 23<sup>rd</sup> Feb, 16<sup>th</sup> Mar

**CHEFS IN SCHOOLS** 

# WHAT'S FOR LUNCH?

## WEEK 2

w/c:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Mac n Cheese With crispy onions GLUTEN (WHEAT), MILK	Chilli Con Carne SULPHITES	School-made Pizza 1 GLUTEN (WHEAT), MILK	Sweet 'n' Sour Chicken Noodles GLUTEN (WHEAT)	Crispy Battered Fish FISH, GLUTEN (WHEAT)
MAIN OPTION 2	Tomato Pomodoro Pasta GLUTEN (WHEAT)	Chilli Sin Carne SULPHITES	School-made Pizza 2 GLUTEN (WHEAT), MILK	Veg Noodles GLUTEN (WHEAT)	Spring Vegetable Fritter
VEGETABLES	SEASONAL VEGETABLES AND SALAD BAR ARE AVAILABLE DAILY. BOTH ARE INCLUDED WITH A MAIN MEAL				
SIDES	Freshly Baked Focaccia GLUTEN (WHEAT)	Rice and Peas	Italian Salad SULPHITES Potato Wedges	Smoked Soy Cucumber Chinese Green Soy SOY SAUCE	Skin On Chips Herby Peas
DESSERT	Yoghurt and Fresh Fruit MILK	Vanilla Shortbread EGGS, GLUTEN (WHEAT)	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK

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** 

Week Commencing: 2<sup>nd</sup> Feb, 2<sup>nd</sup> Mar, 23<sup>rd</sup> Mar

# WHAT'S FOR LUNCH?

## WEEK 3

w/c:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Tomato Pasta Bake GLUTEN (WHEAT), MILK	Lemon and Thyme Chicken SULPHITES	Butternut Squash Chickpea Paella	Beef Lasagne GLUTEN (WHEAT), MILK	Crispy Battered Fish FISH, GLUTEN (WHEAT)
MAIN OPTION 2	Lemon and Garlic Pasta with Herb Breadcrumbs GLUTEN (WHEAT)	Bang Bang Cauliflower SULPHITES	Aubergine Parmigiana GLUTEN (WHEAT), MILK	Veg Lasagne GLUTEN (WHEAT), MILK	Spring Vegetable Fritter
VEGETABLES	SEASONAL VEGETABLES AND SALAD BAR ARE AVAILABLE DAILY. BOTH ARE INCLUDED WITH A MAIN MEAL				
SIDES	Freshly Baked Focaccia GLUTEN (WHEAT)	Jollof Rice	Rice GLUTEN (WHEAT)	Garlic Bread	Skin On Chips Herby Peas
DESSERT	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK	Jelly HALAL/VEGETARIAN	Yoghurt and Fresh Fruit MILK	Yoghurt and Fresh Fruit MILK

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

Week Commencing: 9<sup>th</sup> Feb, 9<sup>th</sup> Mar

**CHEFS IN SCHOOLS** 