

# 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>		<b>SEASONAL VEGETABLES AND SALAD BAR ARE AVAILABLE DAILY. BOTH ARE INCLUDED WITH A MAIN MEAL</b>			
<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



# WHAT'S FOR LUNCH?

**WEEK 2**  
w/c:

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

**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
<b>MAIN OPTION 1</b>	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)
<b>MAIN OPTION 2</b>	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

<b>SIDES</b>	Freshly Baked Focaccia GLUTEN (WHEAT)	Jollof Rice	Rice GLUTEN (WHEAT)	Garlic Bread	Skin On Chips Herby Peas
<b>DESSERT</b>	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** 