

What's for Lunch...

Winter, Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese (WHEAT & MILK)	Coconut and Tomato Dal	Homemade Cheese and Tomato Pizza (MILK, WHEAT)	Free Range Chicken Curry	Panko Crumbed Fresh Fish (FISH, EGGS, WHEAT)
Option 2	Gnocchi & Tomato Sauce (WHEAT)	Fish Fingers (WHEAT, FISH)	Organic Penne Pasta with Tomato Sauce (WHEAT)	Tomato and Chickpea Curry	Halloumi Fries (WHEAT, EGG, MILK)
Sides	Garlic & Olive Oil Wholemeal Focaccia (WHEAT)	Long Grain Rice, Wraps, (WHEAT)	Tuna Mayo (FISH, SULPHITES)	Basmati Rice, Wraps, (WHEAT,)	Skin on Fries, Garlic and Lemon Mayo (SULPHITES)
Vegetables	Roasted Broccoli	Bombay Potatoes	Sweetcorn	Roasted Carrots	Minted Peas

Daily Salad Bar	A selection which includes; Cucumber, Tomato, Lettuce, Peppers, Olives, Jalapenos, Boiled Eggs, Sweetcorn, Carrots
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Extras	Fresh Fruit Platter with Greek Yoghurt and Honey or crackers and cheese served daily.
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Wherever possible, all food is homemade on site, with a focus on seasonal, local, organic ingredients. Allergen free option always available.

What's for Lunch...

Winter, Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Fresh Pesto Pasta (WHEAT, SOY)	Lamb Shawarma	Lasagne (WHEAT, MILK)	Roasted Jerk Chicken Drumsticks	Panko Breaded Fish Wraps (FISH, EGG, WHEAT)
Option 2	Ragu with Organic Pasta (WHEAT, SOY)	Celeriac Shawarma	Baked Potatoes	Roasted Jerk Vegetables	Falafel Wraps (WHEAT)
Sides	Garlic & Olive Oil Wholemeal Focaccia (WHEAT)	Couscous, Yoghurt, Flatbreads (WHEAT, MILK)	Tuna Mayo, Baked Beans, Grated Cheese, (FISH, MILK)	Long Grain Rice	Roasted Potatoes wedges, Garlic and Lemon Mayo
Vegetables	Roasted Broccoli	Roasted Carrots	Sweetcorn	Plantain, Carrots	Minted Peas

Daily Salad Bar	A selection which includes; Cucumber, Tomato, Lettuce, Peppers, Olives, Jalapenos, Boiled Eggs, Sweetcorn, Carrots
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Extras	Fresh Fruit Platter with Greek Yoghurt and Honey or crackers and cheese served daily.
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