

WHAT'S FOR LUNCH?

AUTUMN
WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Macaroni Cheese WHEAT & MILK	Tacos with beef chilli	Homemade Cheese & Tomato Pizza WHEAT, MILK	Chicken curry	Panko Crumbed Fresh Fish of the Day FISH, EGGS & WHEAT
VEGETARIAN (OPTION 2)	Gnocchi & tomato sauce WHEAT	Tacos with sweet potato & bean chilli SOY	Homemade Roasted Vegetable Pizza WHEAT, MILK	Tomato and chickpea curry	Halloumi fries MILK, EGGS & WHEAT
SIDES Where main includes, portion will be offered as optional extra	Garlic & Olive Oil Wholemeal Focaccia WHEAT	Rice, Tomato Salsa, Grated cheese, DAIRY	Mixed Salad Bar & Garlic & Herb Dip MILK	& Basmati rice, wraps raita WHEAT, MILK	Skin on Fries and Lemon Mayo SULPHITES
VEGETABLES	Roasted Broccoli or Peas	Smoked Paprika Sweetcorn	Roasted carrots	Kachumber salad	Minted Peas

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

AUTUMN WEEK 2

WHAT'S FOR LUNCH?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Lasagne WHEAT & MILK	Katsu Curry with Bread crumbed fish FISH, SOY	Stir fried noodles WHEAT & SOYA	Peri Peri Chicken	Panko Crumbed Fish Wraps FISH, EGGS & WHEAT
VEGETARIAN (OPTION 2)	Fresh Pesto Pasta WHEAT, SOY	Katsu curry with Breaded Sweet Potato and Aubergine SOY, WHEAT	tofu noodles WHEAT & SOYA	Peri Peri Roasted Vegetables	Falafel wrap WHEAT
SIDES Where main includes, portion will be offered as optional extra	Wholemeal Garlic Focaccia WHEAT	Long grain Rice	Cucumber salad SOY	Couscous GLUTEN	Roasted potatoes, chipotle mayo.
VEGETABLES	Roasted Broccoli	Pickled carrot /cucumber	Roasted Broccoli	Garlic Roasted carrots	Petit Pois Peas
EXTRAS	Fresh Fruit Platter and Greek Yoghurt with Honey or cheese and crackers Daily				

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