

WHAT'S FOR LUNCH?

WEEK 1

w/c: 07/09,21/09

05/10,19/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne Marinara Tomato, Mozzarella GLUTEN (Wheat) MILK	Tikka Masala Chicken Mustard	Beef Burger GLUTEN(Wheat)	Chow Mein Vegetarian Noodles FISH, GLUTEN (Wheat) SOYA	Breaded Fish Catch of the Day FISH, GLUTEN (Wheat)
MAIN (OPTION 2)	Gnocchi 4 Cheeses GLUTEN (Wheat) MILK	Tandoori Masala Paneer Mango Salsa MILK. Mustard GLUTEN(Wheat)	Vegetarian Burger GLUTEN(Wheat)	Chow Mein Vegetarian Noodles FISH, GLUTEN (Wheat) SOYA	Panelle and Slaw Submarine Roll GLUTEN(Wheat)
VEGETABLES	SEASONAL VEGETABLES AND SALAD BAR ARE AVAILABLE DAILY. BOTH ARE INCLUDED WITH A MAIN MEAL				
ACCOMPANIMENTS	Garlic Bread GLUTEN (Wheat)	Cumin Rice Naan Bread GLUTEN (Wheat)MILK	Cajun Potato Wedges Brioche Buns GLUTEN(Wheat) EGGS	Rosemary Focaccia GLUTEN(Wheat)	Chips Minty Peas
DESSERT	Yoghurt with Honey MILK	Confetti Cake GLUTEN(Wheat), EGG	Yoghurt with Fruit Compote MILK	Carrot Cake GLUTEN(Wheat), EGG	GreekYoghurt with Fruit MILK

A SELECTION OF BREAKFAST, FRESH FRUIT AVAILABLE EVERY DAY
ALLERGY FREE MEALS AVAILABLE-PLEASE SPEAK TO YOUR SCHOOL CHEF PAOLA

WHAT'S FOR LUNCH?

WEEK 2

w/c: 14/09, 28/09
12/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Spaghetti Plantbase Meatballs GLUTEN(Wheat)	Halal Chicken Hotdog GLUTEN(Wheat)	Home Made Pizza Margherita GLUTEN(Wheat) MILK	Jerk Chicken Drumstick	Breaded Fish Catch of the Day FISH, GLUTEN (Wheat)
MAIN (OPTION 2)	Penne Pasta Broccoli Sauce GLUTEN(Wheat)	Quorn Sausage Hotdog GLUTEN(Wheat) EGGS	Jacket Potatoes Cheddar Cheese MILK	Cheese and Eggs Baked Muffin MILK EGGS	Falafel Wrap GLUTEN(Wheat)
VEGETABLES	SEASONAL VEGETABLES AND SALAD BAR ARE AVAILABLE DAILY. BOTH ARE INCLUDED WITH A MAIN MEAL.				
ACCOMPANIMENTS	Rosemary Focaccia GLUTEN(Wheat)	Roasted Potato Wedges Brioche Buns GLUTEN(Wheat) EGGS	Garlic Bread GLUTEN(Wheat)	Rice and Peas Plantains Rainbow Coleslaw	Chips Peas
DESSERT	Seasonal Fruit Greek Yoghurt Milk	Chocolate Cake GLUTEN(Wheat) EGGS	Seasonal Fruit Greek Yoghurt Milk	Mango Jelly	Seasonal Fruit Greek Yoghurt Milk

A SELECTION OF BREAKFAST, BREADS, FRESH FRUIT AVAILABLE EVERY DAY ALLERGY FREE OPTIONS OF ALL