**April - July 2023**

**Wherever possible, all food is homemade on site from local, British ingredients**

**Allergen free options will always be available**

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| WHAT’S FOR LUNCH?  |  | WEEK 1 |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| MAIN (OPTION 1) | **POULTRY PASTA DAY****Halal Chicken Sausage** **Penne** **CEREALS**  | **VEGETARIAN DAY****Vegeterian Lasagne****CEREALS / SOYA / MILK** | **VEGETARIAN DAY****Samosas****CEREALS / SOYA** | **RED MEAT DAY****Halal Lamb curry tomato sauce****CELERY / SOYA** | **FISH DAY****Jacket potato****Tuna Mayo****FISH / EGG** |
| MAIN (OPTION 2) | **Tomato Spaghetti** **CEREALS / SOYA** | **Same as option above****ALERGY FREE** | **Same as option 1** | **Sweet potato and squash chaat curry** | **Jacket potato** |
| SIDESWhere main includes, portion will be offered as optional extra | **Soda bread****CEREALS / MILK** | **Garlic Bread****CEREALS** | **Raita &****Herby couscous****MILK** | **Naan bread****&****Bulgar wheat****CEREALS** | **Cheese****MILK****&****Wraps** **CEREALS** |
| VEGETABLES | **Roasted Mediteranian vegetables** | **Mixed salad**  | **Grated carrot & rasin salad** | **Cucumber, fennel and red onion salad** | **Homemade baked beans** |
| EXTRAS | **Greek Yogurt and honey or Fresh Seasonal Fruit Selection Available Daily****Tuesday: Sugar free Apple Tart Tatin Thursday: Carrot cake and custard****(Contain eggs, milk and gluten)** |



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| WHAT’S FOR LUNCH? |  | WEEK 2 |
|   |  **MONDAY** |  **TUESDAY** |  **WEDNESDAY** |  **THURSDAY** |  **FRIDAY** |
| MAIN (OPTION 1) | **PASTA DAY****Butternut squash spaghetti** **CEREALS** | **POULTRY DAY****Peri Chicken thighs** | **VEGETERIAN DAY** **Margerita pizza****CEREALS / MILK** | **RED MEAT DAY****Halal thai braised minced beef****SOYA** | **FISH DAY****Fish Pie****CEREALS / FISH** |
| MAIN (OPTION 2) | **Tomato spaghetti****CEREALS** | **Peri Tofu****SOYA** | **As option 1** | **Thai tofu braise** | **Chickpea and tofyu pie** |
| SIDESWhere main includes, portion will be offered as optional extra | **Potato cheese and onion Foccacia** **CEREALS / MILK** |  **Spicy rainbow rice** |  **Skin on chips** | **Tiger bread****&****Egg Noodles****CEREALS / SESAME / EGG** | **Crispy flat bread CEREALS****&****Mash** |
| VEGETABLES | **Steamed peas** |  **Coleslaw****MILK / EGG** | **Steamed carrots and herbs** | **Stir fry broccoli with ginger and garlic** | **Cucumber and sweetcorn** |
| EXTRAS | **Greek yogurt and honey or Fresh Seasonal Fruit Selection Available Daily****Tuesday: Banana + Chocolate Skewers Thursday: Butternut squash cake****(Contain eggs, milk and gluten)** |