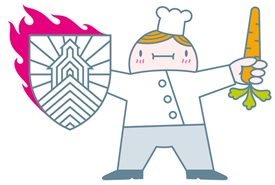
**April - July 2023**

**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** |
| SIDES  Where 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** |
| SIDES  Where 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)** | | | | | | |