

Week Commencing: February 21<sup>st</sup> 2022

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

Allergen free options will always be available

# WHAT'S FOR LUNCH?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Broccoli with penne pasta	Puy lentil, mustard and leek pie <b>CEREALS / MUSTARD</b>	Margarita pizzas (Tomato & Cheese) <b>CEREALS / MILK</b>	Moroccan Chicken	Spiced fish fingers <b>GLUTEN / FISH</b>
<b>MAIN (OPTION 2)</b>	Dairy free option available  As option 1	As Option 1	Margarita pizzas (Tomato & Vegan Cheese) <b>CEREALS</b>	Aubergine stew	Butternut squash fingers <b>GLUTEN</b>
<b>SIDES</b> <small>Where main includes, portion will be offered as optional extra</small>	<u>Dairy free</u> Soda Bread  <b>MILK</b>	Garlic mash potatoes  <b>SOYA</b>	Corn on the cob with chilli and lime	Herby couscous & Flatbreads  <b>CEREALS</b>	Skin on chips & Homemade Ketchup  <b>SULPHITES</b>
<b>VEGETABLES</b>	Sauté Peas, leeks and chard	Sliced cucumber	Roasted Cauliflower	Pomegranate, Roasted carrots & molasses	Baked beans
<b>EXTRAS</b>	Greek Yogurt and honey or Fresh Seasonal Fruit Selection Available Daily Tuesday: Peach, yogurt and cardamom cake Thursday: Carrot cake <b>(Contain eggs, milk and cereals)</b>				



Week Commencing: February 28<sup>th</sup> 2022

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# WHAT'S FOR LUNCH?

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Tomato, spinach and olive pasta	Lamb Tagine	Spiced carrot soup & toasted seeds	Preserved lemon and thyme Chicken	Spiced fish fingers
	<b>CEREALS</b>				<b>FISH / CEREALS</b>
<b>MAIN (OPTION 2)</b>	As option 1	Roasted Sweet potato tagine	As option 1	Cauliflower and chickpea Pattie	Spicy Cauliflower nuggets
	<b>CEREALS</b>			<b>CEREALS</b>	
<b>SIDES</b> <small>Where main includes, portion will be offered as optional extra</small>	Sundried tomato Focaccia	Steamed Rice	Tortilla chips	Brown lentil and herb salad	Skin on chips & Homemade Tartar sauce
	<b>CEREALS</b>	Spiced Naan Bread	<b>CEREALS</b>	<b>MUSTARD</b>	<b>MILK</b>
<b>VEGETABLES</b>	Fresh greens and chimichurri salad	Roasted broccoli with fennel seed and onion	Sweetcorn salsa	Garlic mushroom and breadcrumb topping	Steamed Peas
	<b>SULPHITES</b>		<b>SULPHITES</b>	<b>MILK / CEREALS</b>	
<b>EXTRAS</b>	Greek yogurt and honey or Fresh Seasonal Fruit Selection Available Daily Tuesday: Rhubarb and apple Crumble Thursday: Citrus cake (Contain eggs, milk and cereals)				

