

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

Allergen free options will always be available

WHAT'S FOR LUNCH?

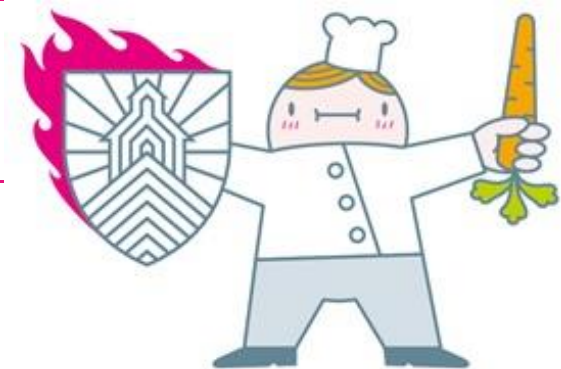
WEEK 1

9th, 23rd, 7th, 21st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	PASTA DAY Tomato pasta	POULTRY DAY Chicken chow mein	VEGETARIAN DAY Margarita pizza	RED MEAT DAY Lamb lasagne	FISH DAY Sweet Pepper Fish
MAIN (OPTION 2)	CELERY Mac 'n' Cheese	CELERY/CEREALS/SULPHITES Vegetable curry	CEREALS/SOYA/MILK Same as option 1	CELERY/SULPHITES Vegetable lasagne	FISH/CELERY/SOYA Seasonal vegetable fritter and tofu
SIDES Where main includes, portion will be offered as optional extra	DAIRY Tomato foccacia	DAIRY Egg noodle	DAIRY Rainbow coleslaw	CELERY Garlic bread	SOYA Rice
VEGETABLES	CEREALS Sliced cucumber	CEREALS / MILK Broccoli	CEREALS/GLUTEN Seasonal vegetables	CEREALS/GLUTEN Green beans	CEREALS/GLUTEN Peas

EXTRAS

Greek Yogurt and honey or Fresh Seasonal Fruit Selection Available Daily
 Tuesday: Fruit cake Thursday: Vanilla Cake
 Rushey Green Garden Salad Bar
 (Contain eggs, milk and gluten)



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WHAT'S FOR LUNCH?

WEEK 2

16th, 30th, 14th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	PASTA DAY Tomato pasta	POULTRY DAY Chicken sausage	VEGETARIAN DAY Jacket potato	RED MEAT DAY Beef chilli con carnie	FISH DAY Battered Fish
	CELERY/SOYA/CEREALS SULPHITES	CEREALS/CELERY/SULPHITES	CEREALS	CELERY/SULPHITES	FISH/MILK
MAIN (OPTION 2)	Penne pesto	Butternut squash Croquette	Same as option 1	Veggie chill con carnie	Deep fried crispy sticky Tofu
	GLUTEN	CEREALS / EGG		SOYA/SULPHITES	SOYA / CEREALS
SIDES Where main includes, portion will be offered as optional extra	Lemon thyme focaccia	Creamy mash potato	Beans or tuna mayo	Rice	Chips & homemade ketchup
	CEREALS	DAIRY	FISH/DAIRY/SOYA	CEREALS	
VEGETABLES	Peas and sweetcorn	Steam carrots	Rainbow coleslaw	Green beans	Mushy peas
EXTRAS	Greek yogurt and honey or Fresh Seasonal Fruit Selection Available Daily Tuesday: Fruit cake Thursday: Vanilla Cake Rushey Green Garden Salad Bar (Contain eggs, milk and gluten)				

