

WHAT'S FOR LUNCH?

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	PASTA DAY Penne with savoy cabbage and garlic CEREALS / EGGS	POULTRY DAY Chicken & tarragon Pie CEREALS	PIZZA DAY Margarita pizza CEREALS / MILK	RED MEAT DAY Braise beef ragu CELERY / MUSTARD	FISH DAY Fish pie CEREALS / FISH / SHELLFISH
MAIN (OPTION 2)	As option 1	Butter bean and leek pie	As Option 1	Braise Peppers and chickpeas	Chickpea, leek and mushroom pie
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Jalapeno Focaccia CEREALS / SULPHITES	Herb dumplings CEREALS / MILK	Roasted beetroot	Jollof Rice	Cheese and Chive scones CEREALS / MILK
VEGETABLES	Radish, cucumber and mint salad	Root vegetable mash	Steamed broccoli	Roasted greens with Chimichurri	Mash potato & Green beans
EXTRAS	Greek yoghurt and honey or Fresh Seasonal Fruit Selection Available Daily Tuesday: Warm winter fruit salad Thursday: Banana Bread (Contain eggs, milk and cereals)				

Allergen free options will always be available



