

WHAT'S FOR LUNCH?

WEEK 1

w/c: 07/07, 21/07,
01/09

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	POMDOLO & BASIL SULPHITES	STIR-FRIED CHICKEN WITH VEGETABLES (G) WHEAT (SOYA) SULPHITES	RED & WHITE CLASSIC PIZZA MARGHERITA (G) WHEAT, DAIRY MILK SULPHITES	BUTCHER PREMIUM PORK OR CHICKEN CUMBERLAND SAUSAGE SOYA, SULPHITES	BREADED CRISPY FISH GOUJONS HAKE, HADDOCK OR WHITING (G), WHEAT, FISH
MAIN OPTION 2	CRUNCHY CHEESE TOPPED CAULIFLOWER PASTA BAKE MILK, GLUTEN	STIR-FRIED VEGETABLE & TOFU SOYA (G) WHEAT, SULPHITES	MUSHROOM & CORN WHITE PIZZA (G) WHEAT, DAIRY MILK, SULPHITES	VEGETARIAN SAUSAGE	COURGETTE MINT & PEA FRITTERS WITH TZATZIKI MILK
SALAD BAR BREAD OF THE DAY	SALAD BAR FOCACCIA	SALAD BAR WHOLEMEAL BREAD	SALAD BAR	SALAD BAR TEREA'S BREAD	SALAD BAR
VEGETABLES	BROCCOLI & CORN	CAULIFLOWER	STEAMED VEGETABLE SALAD	BAKED BEANS	GARDEN PEAS
SIDE	GRAND PADANO CHEESE PENNE PASTA (G) WHEAT	EGG NOODLES EGGS, (G) WHEAT	RAINBOW COLESLAW	ROSEMARY & GARLIC ROASTED POTATO (G) WHEAT	OVEN BAKED CHIPS WITH HOMEMADE KETCHUP SULPHITES
DESSERT	GREEK YOGURT & HONEY OR SELECTION FRESH FRUIT MILK	CAKE OF THE DAY OR SELECTION FRESH FRUIT EGG, MILK, (G), WHEAT	GREEK YOGURT & HONEY OR SELECTION FRESH FRUIT MILK	CAKE OF THE DAY OR SELECTION FRESH FRUIT EGG, MILK, (G), WHEAT	GREEK YOGURT & HONEY OR SELECTION FRESH FRUIT MILK

ALLERGY FREE OPTIONS OF ALL MEALS AVAILABLE - PLEASE SPEAK TO YOUR SCHOOL CHEF

WHAT'S FOR LUNCH?

WEEK 2

w/c: 30/06, 14/07

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	FARFALLE NAPOLI TOMATO SAUCE & BASIL (G) WHEAT, SULPHITES	ROSEMARY & GARLIC CHICKEN DRUMSTICK WITH GRAVY SULPHITES	PIZZA MARGHERITA WITH OLIVES (G) WHEAT, MILK	CHICKEN CURRY WITH POTATOES SOYA, SULPHITES	FISH CATCH OF THE DAY HAKE, HADDOCK OR WHITING (G), WHEAT, FISH
MAIN OPTION 2	FARFALLE GENOA BASIL PESTO, POTATO & GREEN BEANS	RICE & VEGGIE CAKES EGG, MILK	FETA & SPINACH WELLINGTON EGG, MILK, (G), WHEAT	TOMATO, PEPPERS & TOFU STEW SOYA, SULPHITES	CRISPY PANEER FINGERS WITH RAITA MILK, (G), WHEAT
SALAD BAR BREAD OF THE DAY	SALAD BAR FOCACCIA	SALAD BAR WHOLEMEAL BREAD	SALAD BAR	SALAD BAR NAAN	SALAD BAR
VEGETABLES	CARROTS & PEAS	BROCCOLI & CORN	GARDEN VEGETABLES	INCLUDED IN THE MAIN	OVEN BAKED CHIPS
SIDE	WITH THE MAIN & PARMESAN CHEESE MILK	DOUBLE COOK GARLIC GRAVY & POTATOES SULPHITES	CARROTS & CUCUMBER PICKLED SALAD	PILAF RICE	GARDEN PEAS HOMEMADE KETCHUP SULPHITES
DESSERT	GREEK YOGURT OR SELECTION FRESH FRUIT MILK	CAKE OF THE DAY OR SELECTION FRESH FRUIT EGG, MILK, (G), WHEAT	GREEK YOGURT WITH ROASTED APPLE OR SELECTION FRESH FRUIT MILK	CAKE OF THE DAY OR SELECTION FRESH FRUIT EGG, MILK, (G), WHEAT	GREEK YOGURT & HONEY OR SELECTION FRESH FRUIT MILK

ALLERGY FREE OPTIONS OF ALL MEALS AVAILABLE - PLEASE SPEAK TO YOUR SCHOOL CHEF