**Sept - Oct 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) | **PASTA DAY****Tomato, Spinach and olive pasta****CEREALS / MILK** | **POULTRY DAY****Halal chicken curry****SOYA** | **VEGETARIAN DAY****Margarita Pizza****CEREALS / MILK** | **RED MEAT DAY****Halal beef Bolognese****CELERY** | **FISH DAY****Spiced Fish fingers****CEREALS / FISH** |
| MAIN (OPTION 2) | **Tomato Spaghetti** **CEREALS / SOYA** | **Butter Tofu curry****SOYA** | **Same as option 1** | **Aubergine musakka****CEREALS / MILK** | **Gluten free breaded spiced tofu****SOYA** |
| SIDESWhere main includes, portion will be offered as optional extra | **Cheese Foccacia** **CEREALS / MILK** | **White rice****&** **Flat bread****CEREALS** | **Steamed Broccoli** | **Spaghetti** **&****Wraps****CEREALS** | **Skin on chips****&****Tar tar sauce****MILK / EGG** |
| VEGETABLES | **Roasted Carrots** | **Sliced cucumber** | **Smokey sweetcorn** | **Grated salad****Lettuce, carrot & tomato** | **Coleslaw****EGG / MILK** |
| EXTRAS | **Greek Yogurt and honey or Fresh Seasonal Fruit Selection Available Daily****Tuesday: Sweet potato cake Thursday: Vegan Banana Bread****(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*****Broccoli, lemons and black pepper Spaghetti****CEREALS**  | **POULTRY DAY****Halal Chicken Sausages** | **VEGETERIAN DAY** **BBQ base cheesy Pizza****CEREALS / MILK** | **RED MEAT DAY****Halal bang bang beef stew****CELERY / SESAME** | **FISH DAY****Baked Pollock / Cod****FISH** |
| MAIN (OPTION 2) | **Tomato sauce and sauce pasta****CEREALS** | **Homemade Tomato and squash sausages****SOYA**  | **Same as option 1** | **Tofu bulgogi****SOYA** | **Squash and tomato curry** |
| SIDESWhere main includes, portion will be offered as optional extra | **Simple brown loaf****bread****CEREALS** | **Wraps** **&****Gravy****CEREALS / CELERY** |  **Corn and tomato salsa** | **Tiger bread****&****Egg noodles****CEREALS / SESAME** | **Tumeric rice****&****Flatbread****CEREALS / MILK** |
| VEGETABLES | **Peas, mint and ginger** | **Mash potato****SOYA** | **Grated carrot salad with pomegaranate and honey dressing** | **Roasted ginger and garlic broccoli** | **Fried Spinach, peppers and onions** |
| EXTRAS | **Greek yogurt and honey or Fresh Seasonal Fruit Selection Available Daily****Tuesday: Apple flapjack Thursday: Carrot Cake****(Contain eggs, milk and gluten)** |