**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** |
| SIDES  Where 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** |
| SIDES  Where 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)** | | | | | | |