

Week Commencing: September 6th 2021

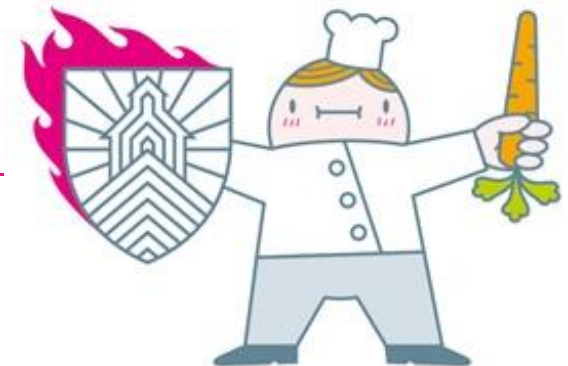
Wherever possible, all food is homemade on site from local, British ingredients

Allergen free options will always be available

WHAT'S FOR LUNCH?

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Cheesy Pasta bake GLUTEN / MILK	TACO TUESDAY Veggie chilli taco's SULPHITES	Popeye Red peppers pizzas GLUTEN / MILK	Chicken sausage roll GLUTEN / EGG	Smoked Fish Kedgeree FISH / EGG
MAIN (OPTION 2)	As Option 1	As option 1	Popeye Pizza Dairy free GLUTEN	Onion and cheese sausage roll GLUTEN / MILK / EGG	Cauliflower Kedgeree
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Olive focaccia GLUTEN	Sour crème Grated cheese MILK	Steamed broccoli and garlic	Skin on chips & Homemade ketchup SULPHITES	Coronation Coleslaw EGG
VEGETABLES	Mediterranean roast veg SULPHITES	Shredded Iceberg & Fresh Tomatoes	Cucumber Salad	Cos lettuce	Turmeric flat bread GLUTEN
EXTRAS	Greek Yogurt and honey or Fresh Seasonal Fruit Selection Available Daily Tuesday: Apple flapjack Thursday: Stewed fruit and custard (Contain eggs, milk and gluten)				



Week Commencing: August 30th 2021

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Arabiata Pasta 'Spicy tomato pasta' GLUTEN	TACO TUESDAY Chicken Tinga taco's SULPHITES	Popeye pizzas GLUTEN / MILK	Beef & coconut curry SOYA	Panko spiced fish fingers GLUTEN / FISH
MAIN (OPTION 2)	As option 1	Veggie chilli taco's SULPHITES	Popeye Pizza Dairy free GLUTEN	Tofu Red curry SOYA	Herby Falafel
SIDES Where main includes, portion will be offered as optional extra	Garlic Focaccia GLUTEN	Sour crème Grated cheese MILK	Roasted Garlic Cavolo nero	Stir fried Veg noodles SESAME / EGG	Tartar sauce Skin on chips EGGS / SULPHITES / MUSTARD / MILK
VEGETABLES	Grilled courgettes	Shredded Iceberg & Avocado / Lime	Roasted Sweetcorn and fresh basil	Panko breadcrumb gremolata SESAME	Steamed Peas Skin on chips
EXTRAS	Greek yogurt and honey or Fresh Seasonal Fruit Selection Available Daily Tuesday: Chocolate and beetroot Thursday: Peach, yogurt and olive cake (Contain eggs, milk and gluten)				

