

Week Commencing: May 17th 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)	Pasta with Tomato & Basil Sauce GLUTEN	Beef Bolognese Risotto	Cauliflower and sweet potato chaat curry	Crispy Peri peri chicken GLUTEN	Caribbean Fish curry FISH
MAIN (OPTION 2)	As Option 1	Butternut squash Risotto	As Option 1	Spinach and feta pie GLUTEN / MILK	Chickpea & sweet potato curry
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Rosemary focaccia GLUTEN	Garlic bread GLUTEN	Spiced flat bread GLUTEN	Tortilla wraps Skin on chips	Spicy rice & peas
VEGETABLES	Garlic greens	Fennel coleslaw <i>Crunchy coleslaw made with fennel, herbs and lemon</i>	Grated carrot salad Yogurt dip	Smokey corn Salad	Green salad
EXTRAS	Greek Yogurt and honey and Fresh Seasonal Fruit Selection Available Daily Tuesday: Cardamom & sweet potato cake Thursday: Apple cake (Contain eggs, milk and gluten)				



Week Commencing: May 24th 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)	Cauliflower mac and cheese with crispy onions GLUTEN / MILK	TACO TUESDAY Lamb chilli taco's	Popeye pizzas GLUTEN / MILK	Nigerian chicken Jollof stew	Panko spiced fish fingers GLUTEN / FISH
MAIN (OPTION 2)	Pesto Pasta GLUTEN	Bean chilli taco's	Popeye Pizza Dairy free GLUTEN	Nigerian Jollof Aubergine	Sweetcorn fritters
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Sea salt Focaccia GLUTEN	Sour crème Grated cheese MILK	Greek salad	Jollof rice Turmeric and chilli Flat bread	Tartar sauce EGGS / SULPHITES / MUSTARD / MILK
VEGETABLES	Minted peas	Shredded Iceberg & Pickled cucumber SULPHITES	Basil potato salad MILK	Rainbow slaw	Mushy Peas Skin on chips
EXTRAS	Greek yogurt and honey or Fresh Milk, Fresh Seasonal Fruit Selection Available Daily Tuesday: Courgette lemon cake Thursday: (Contain eggs, milk and gluten)				

