**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 18th, 22nd, 5th, 19th |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| MAIN (OPTION 1) | **PASTA DAY****Mixed peppers with creamy Vegan N-duya penne****CEREALS / MILK**  | **POULTRY DAY****Chicken Sausages** | **VEGETARIAN DAY****Stir fried Noodles****CELERY / EGG / GLUTEN** | **RED MEAT DAY****Bolognese****CELERY** | **FISH DAY****Pizza****CEREALS / MILK / FISH** |
| MAIN (OPTION 2) | **Tomato Spaghetti** **CEREALS / SOYA** | **Vegeterian tomato sausages****SOYA** | **Same as option 1** | **Mixed bean bolognese****CELERY** | **Gluten free Vegan Smokey tofu Margerita****SOYA** |
| SIDESWhere main includes, portion will be offered as optional extra | **Tomato Foccacia** **CEREALS** | **Wraps & Gravy****CEREALS / MILK** | **Egg Noodles / Rice noodles****SESAME / EGG / SOYA** | **Neals Yard Cheese****Cream fraiche dip****CEREALS / MILK** | **Green salad & Balsamic honey dressing**  |
| VEGETABLES | **Sliced cucumber** | **Mash & Broccoli** | **Grated carrot & Mint salad & Steamed sesame and soy broccoli**  | **Jacket potato****&****Grated salad** | **Garden Peas** |
| EXTRAS | **Greek Yogurt and honey or Fresh Seasonal Fruit Selection Available Daily****Tuesday: Rice pudding Thursday: Carrot cake****Rushey Green Garden Salad Bar****(Contain eggs, milk and gluten)** |

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**Allergen free options will always be available**

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| WHAT’S FOR LUNCH? |  | WEEK 215th, 29th, 12th, 26th  |
|   |  **MONDAY** |  **TUESDAY** |  **WEDNESDAY** |  **THURSDAY** |  **FRIDAY** |
| MAIN (OPTION 1) | **PASTA DAY****Arabiata Spaghetti****CEREALS**  | **POULTRY DAY****Jerk chicken drumsticks****MILK / CEREALS** | **VEGETERIAN DAY** **Margarita pizza** | **RED MEAT DAY****Tomato beef Jollof stew** **CELERY** | **FISH DAY****Battered Fish****FISH / CEREALS / MILK** |
| MAIN (OPTION 2) | **Cauliflower Mac and cheese** **CEREALS / MIlK** | **Mixed pepper veg patty** **CEREALS / EGG** | **Same as option 1** | **Stew peas****SOYA** | **Deep fried crispy sticky Tofu****SOYA / CEREALS** |
| SIDESWhere main includes, portion will be offered as optional extra | **Lemon thyme focaccia****CEREALS** | **Wraps** **&****Rice and peas****CEREALS**  | **Tri colour roasted beetroot with winter hebs****CEREALS / MILK** | **Jollof Rice****&****Tiger bread****CEREALS / SESAME** | **Skin on chips &****Homemade ketchup** |
| VEGETABLES | **Peas and sweetcorn** | **Rainbow coleslaw****MILK / EGG** | **Steamed Peas** | **Fried garlic savoy cabbage** | **Ginger peas** |
| EXTRAS | **Greek yogurt and honey or Fresh Seasonal Fruit Selection Available Daily****Tuesday: Lemon drizzle cake Thursday: Chocolate and beetroot cake** **Rushey Green Garden Salad Bar****(Contain eggs, milk and gluten)** |