**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  8th, 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** |
| SIDES  Where 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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| WHAT’S FOR LUNCH? | | | |  | | WEEK 2  15th, 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** |
| SIDES  Where 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)** | | | | | | |