

# WHAT'S FOR LUNCH?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Vegetable & Lentil Spaghetti Bolognaise GLUTEN	Jerk Chicken with BBQ Sauce SOY & SULPHITES	Beef Sausages GLUTEN	Sweet Potato, Butternut Squash, Chickpea & Coconut Chatt	Panko Crumbed Fresh Fish of the Day FISH, EGGS & GLUTEN
<b>MAIN (OPTION 2)</b>	As Option 1	Jerk Cauliflower Steak with BBQ Sauce SOY & SULPHITES	Vegetable Sausages GLUTEN	As Option 1	Corn fritters with Coriander and Spring Onions
<b>SIDES</b> Where main includes, portion will be offered as optional extra	Crispy Salad Olive Focaccia GLUTEN	Peas & Rice Thyme and Garlic Bread GLUTEN	Mashed Potatoes Rosemary Bread GLUTEN	Pilaf Rice Tortillas GLUTEN	Skin on Chips Tartare Sauce EGG & SULPHITES
<b>VEGETABLES</b>	Honeyed Carrots	Thyme Roasted Broccoli	Homemade Beans SOY & SULPHITES	Curry Roasted Cauliflower	Homemade Beans Minted Peas SOY & SULPHITES
<b>EXTRAS</b>	Natural Yogurt, fresh seasonal fruit selection available daily Wednesday Apple & Cinnamon Flapjack & Thursday Butternut squash Cake MILK, EGG & GLUTEN				

Week commencing: November 2<sup>nd</sup>

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

