

# WHAT'S FOR LUNCH?

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne Pasta with Tomato Sauce, Cherry Tomatoes, Spinach and Basil GLUTEN	Beef Bulgogi SOY, SESAME & SULPHITES	Thyme Roasted Chicken Drum Stick	Pizza Fun Day Homemade Cheese and Tomato Pizza GLUTEN & MILK	Coconut Fresh Fish Curry With Butternut Squash & Sweet Potato
MAIN (OPTION 2)	As Option 1 GLUTEN	Aubergine & Tofu Bulgogi SOY, SESAME & SULPHITES	Pea & Feta Fritters Mint Yoghurt MILK, GLUTEN & EGGS	As Option 1 GLUTEN & MILK	Coconut Curry With Butternut Squash, Lentils & Sweet Potato
SIDES Where main includes, portion will be offered as optional extra	Peas Carrot & Mint Salad Garlic Focaccia GLUTEN	Couscous Tiger Bread GLUTEN	Roasted Potatoes Homemade Gravy Rosemary Bread GLUTEN	Apple Coleslaw EGGS	Turmeric Rice Flat Bread GLUTEN
VEGETABLES	Peas	Savoy Cabbage	Honey Roasted Carrots	Corn on the Cob	Curried Cauliflower
EXTRAS	Greek Yoghurt with Honey & Fresh Seasonal Fruit Available Daily Tuesday Chocolate & Beetroot Cake & Thursday Apple & BlackBerry Crumble with Custard MILK, EGGS & GLUTEN				

Week commencing: November 9<sup>th</sup>

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

