

WHAT'S FOR LUNCH?

Spring
Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Jacket Potato	Sweet and Sour Chicken CELERY	Beef Ragu GLUTEN	Jerk Chicken SULPHITES	Fish Fingers FISH, EGGS, GLUTEN (WHEAT)
MAIN (V)	As above	Sweet & Sour Vegetable Medley CELERY	Quorn Ragu SOY & GLUTEN	Jerk Halloumi MILK & SULPHITES	Veggie Fritters GLUTEN (WHEAT)
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Tuna or Cheese FISH & MILK	Plain rice	Spaghetti or Pasta GLUTEN (WHEAT)	Jollof Rice Wholemeal Bread GLUTEN (WHEAT)	Skin on Chips
VEGETABLES	Baked Beans	Green Beans	Broccoli	Smoked Paprika Sweet Corn	Mushy Peas
SALAD BAR	Salad bar available daily – includes freshly prepared salad, salad pickles, coleslaw, potato salad				
FRUIT	Fresh Fruit Platter available daily				
DESSERT	Vanilla Sponge & Custard		Shortbread Biscuits		
	Yoghurt & Honey available daily EGGS, GLUTEN (WHEAT) & MILK				

Weeks Commencing:

8th & 22nd January, 5th & 26th February, 11th & 25th March

Wherever possible, all food is homemade on site from local, British ingredients. Allergen free options will always be available

WHAT'S FOR LUNCH?

Spring
Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chow Mein SOYA	Sausages with Onion Gravy SULPHITES & GLUTEN(WHEAT)	Chicken Curry	B's Beef Stew	Fresh Fish of the Day FISH, EGGS, GLUTEN (WHEAT)
MAIN (V)	As above	Vegetarian Sausages with Onion Gravy GLUTEN(WHEAT)	Vegetable Curry	B's Vegetable & Kidney Bean Stew	Spiced Vegetable Patties CELERY, GLUTEN (WHEAT)
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Egg Noodles EGGS, GLUTEN (WHEAT)	Mashed Potatoes Wholemeal Bread GLUTEN(WHEAT)	Plain Rice	Roasted Baby Potatoes Pitta Bread GLUTEN(WHEAT)	Jollof Rice Wholemeal Bread GLUTEN (WHEAT)
VEGETABLES	*Included in Main	Garden Peas	Curried Cauliflower	Honey Roasted Carrots	Corn on the Cob
SALAD BAR	Salad bar available daily – includes freshly prepared salad, salad pickles, coleslaw, potato salad				
FRUIT	Fresh Fruit Platter available daily				
DESSERT	Apple Crumble & Custard Yoghurt & Honey available daily EGGS, GLUTEN (WHEAT) & MILK		Raisin Cookies		

Weeks Commencing:

15th & 29th January, 19th February, 4th & 18th March

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