

# WHAT'S FOR LUNCH?

Spring  
Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b>	Veggie Meatballs SOY, GLUTEN (WHEAT) & EGGS	Chicken Fajita SULPHITES, MUSTARD & SOY	B's Beef Stew	Jerk Chicken GLUTEN (WHEAT), SOY & SULPHITES	Fish Fingers FISH, EGGS, MILK & GLUTEN (WHEAT)
<b>MAIN (V)</b>	Spaghetti or Pasta GLUTEN (WHEAT)	Vegetable Fajita SULPHITES, MUSTARD & SOY	B's Vegetable & Kidney Bean Stew	Jerk Halloumi MILK, GLUTEN (WHEAT), SOY & SULPHITES	Veggie Fritters GLUTEN (WHEAT) & EGGS
<b>SIDES</b> <small>Where main includes, portion will be offered as optional extra</small>	Garlic Bread GLUTEN (WHEAT), MILK & EGGS	Plain Rice Tortilla Wraps GLUTEN (WHEAT)	Roasted Potatoes Pitta Bread GLUTEN(WHEAT), MILK, EGGS & SOY	Jollof Rice GLUTEN(WHEAT) & SOY Wholemeal Bread GLUTEN (WHEAT)	Skin on Chips
<b>VEGETABLES</b>	Sweetcorn	Green Beans	Honey Roasted Carrots	Smoked Paprika Sweet Corn	Mushy Peas
<b>SALAD BAR</b>	Salad bar available daily – includes freshly prepared salad, salad pickles, coleslaw, potato salad EGGS, MILK & MUSTARD				
<b>FRUIT</b>	Fresh Fruit Platter available daily				
<b>DESSERT</b>	Vanilla Sponge & Custard EGGS, GLUTEN (WHEAT) & MILK		Shortbread Biscuits GLUTEN (WHEAT) & MILK Yoghurt & Honey available daily MILK		

## Weeks Commencing:

Spring 1 = 5th, 19th January and 2nd February

Spring 2 = 23rd February and 9th, 23rd 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
<b>MAIN</b>	Pasta Bake GLUTEN (WHEAT)	Sausages with Onion Gravy GLUTEN(WHEAT, BARLEY), CELERY, SOY, MUSTARD & SULPHITES	BBQ Chicken SULPHITES	Beef Ragu SULPHITES	Fresh Fish of the Day FISH, EGGS, GLUTEN (WHEAT)
<b>MAIN (V)</b>	As above	Vegetarian Sausages with Onion Gravy SOY, GLUTEN(WHEAT, BARLEY) CELERY, SOY & SULPHITES	BBQ Halloumi SULPHITES	Quorn Ragu EGG, GLUTEN (BARLEY) & SULPHITES	Spiced Vegetable Patties CELERY, GLUTEN (WHEAT)
<b>SIDES</b> <small>Where main includes, portion will be offered as optional extra</small>	Garlic Bread GLUTEN (WHEAT), MILK & EGGS	Mashed Potatoes MILK	Jollof Rice GLUTEN (WHEAT) & SOY Wholemeal Bread GLUTEN (WHEAT)	Spaghetti or Pasta GLUTEN (WHEAT)	Chips Wholemeal Bread GLUTEN (WHEAT)
<b>VEGETABLES</b>	<i>*Included in Main</i>	Garden Peas	Curried Cauliflower	Broccoli	Corn on the Cob
<b>SALAD BAR</b>	Salad bar available daily – includes freshly prepared salad, salad pickles, coleslaw, potato salad EGGS, MILK & MUSTARD				
<b>FRUIT</b>	Fresh Fruit Platter available daily				
<b>DESSERT</b>	Apple Crumble & Custard GLUTEN (WHEAT), EGG & MILK		Raisin Cookies GLUTEN (WHEAT), EGG & MILK		
	Yoghurt & Honey available daily MILK				

## Weeks Commencing:

Spring 1 = 12th, 26th January and 9th February

Spring 2 = 2nd, 16th March

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