

WHATS FOR LUNCH?

WEEK A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OPTION Halal and non-Halal options available	Chicken Sausages	Beef Chilli Con Carne	Margherita Pizza with overnight dough GLUTEN (WHEAT), MILK	Jerk Chicken SOY	Oven Baked Fish of the Day FISH
VEGETARIAN OPTION	Spinach, Feta & Butter Bean Bourek GLUTEN (WHEAT), MILK	Mixed Bean Chilli	Sweetcorn Pizza with overnight dough GLUTEN (WHEAT), MILK	Jerk Tofu & Cauliflower SOY	Harissa Baked Halloumi MILK
SIDES	Onion Gravy SOY, SULPHITES, CELERY Mashed Potatoes MILK	50/50 Rice Yoghurt MILK Guacamole	Crisp Shredded Lettuce & Cabbage	Jollof Rice Chilli Sauce SULPHITES	Skin on Chips Ketchup SULPHITES
VEGETABLES	Honey Roast Carrots	Lime, cucumber & coriander salad		Coleslaw EGG	Mixed Steamed Green Beans & Peas
DESSERTS/ ACCOMPANIMENTS	Incredible Hulk Cake GLUTEN (WHEAT), EGGS	Honey Yoghurt and Fruit MILK	Honey Yoghurt and Fruit MILK	Honey Yoghurt and Fruit MILK	Summer Berry Smoothie MILK

Wherever possible, all food is cooked fresh on site from local, British ingredients. Allergen free options will always be available.
A jacket potato option is available on request.

WHATS FOR LUNCH?

WEEK B

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OPTION Halal and non-Halal options available	Butternut Squash Mac N Cheese GLUTEN (WHEAT), MILK	Chipotle Chicken & Roast Peppers	Beef & Lentil Lasagne GLUTEN (WHEAT), MILK	Chicken, Chickpea & Coconut Curry	Freshly Crumbed Fish of the Day FISH, EGG & GLUTEN (WHEAT)
VEGETARIAN OPTION	Tomato Lentil Pasta GLUTEN (WHEAT)	Black Bean & Vegetable Enchiladas GLUTEN (WHEAT), MILK	Puy Lentil & Vegetable Lasagne GLUTEN (WHEAT), MILK	Chickpea, Sweet Potato & Coconut Curry	Baked Cheese & Sweetcorn Fritters MILK
SIDES	Wholemeal Focaccia GLUTEN (WHEAT)	Tortilla Wraps GLUTEN (WHEAT) Salsa Fresca	Garlic Bread GLUTEN (WHEAT)	50/50 Rice	Skin on Chips Tartare Sauce EGG Ketchup SULPHITES
VEGETABLES	Crisp Mixed Salad	Shredded Cabbage Salad with lime & jalepeno dressing	Oven Roasted Broccoli	Curried, roasted cauliflower	Green peas with mint
DESSERTS/ ACCOMPANIMENTS	Cardamom and Sweet Potato Cake GLUTEN (WHEAT), EGG, MILK	Honey Yoghurt and Fruit MILK	Fruit Salad	Honey Yoghurt and Fruit MILK	Summer Berry Smoothie or Fruit Salad MILK

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