

WHAT'S FOR LUNCH?

SPRING
WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne, tomato sauce Gluten	Braised root vegetables And Chicken sausages	Margarita pizza Dairy & Gluten	Swedish meatballs Gluten	Breaded Coley Fish
MAIN (OPTION 2)	Penne with either pesto or cheddar Gluten & Dairy	Halloumi with orzo and tomato sauce Dairy	Olive & oregano pizza with esplette pepper Gluten & Dairy	'Nutless roast'.	Halloumi or Breaded Bannana Blossom. Dairy
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Rocket with lemon juice and olive oil	Salad bar and paprika potatoes	Tomatoes, cucumber, iceberg lettuce	Mashed potatoes and swede	Tacos
VEGETABLES	Green beans, confit garlic	Rainbow slaw	Sweetcorn	Beetroot and Cucumber, cranberry sauce and pickles	Mexican slaw and salsa
EXTRAS	Fresh fruit platter and Greek yoghurt with honey or fruit compote available daily. Fresh focaccia or cornbread on Monday, Wednesday and Friday. Gluten & Dairy Fresh cakes served with custard				

Week Commencing 8th January

WHAT'S FOR LUNCH?

SPRING

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

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne Arrabiata Gluten	Sweet and Sour Chicken.	Baked Potatoes with tuna mayonnaise Fish, Dairy, Eggs	Swedish meatballs Gluten	Breaded Coley Gluten & Dairy & Fish
MAIN (OPTION 2)	Penne with either pesto, or with grated cheddar Gluten & Dairy	Sweet and sour vegetables.	Baked Potatoes with cheese Dairy	'Nutless Roast'	Halloumi or breaded banana blossom with miso and nori Dairy
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Garlic roasted broccoli	Jasmine rice	Sweetcorn/baked beans	Mashed potatoes and swede	Chips & tartare sauce and ketchup (made in house)
VEGETABLES	Rocket	Roasted baby corn. Radishes, and pickles. Lettuce and cucumbers.	Coleslaw	Pickled cucumber, beetroot and dill	Peas
EXTRAS	Fresh fruit platter and Greek yoghurt with honey or fruit compote available daily. Fresh focaccia wheat and gluten or cornbread Milk on Monday, and Friday. Tuesday = Sweet potato and cardamom Wednesday = Brownie Thursday = Buttermilk and marmalade cake				

Week Commencing 15th January

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