

W/C 29th January, 19th February, 11th March

WHAT'S FOR LUNCH?

SPRING
WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne, tomato sauce Gluten	Suya style chicken	Margarita pizza Dairy & Gluten	Swedish meatballs Gluten	Breaded Coley Fish
MAIN (OPTION 2)	Penne with either pesto or cheddar Gluten & Dairy	Suya style chickpeas and cauliflower	Olive & oregano pizza with esplette pepper Gluten & Dairy	'Nutless roast'	Halloumi or breaded banana blossom Dairy
SIDES	Rocket with lemon juice and olive oil	White cabbage and coriander slaw	Tomatoes, cucumber, iceberg lettuce	Mashed potatoes and swede	Chips Tartare sauce and homemade ketchup
VEGETABLES	Green beans, confit garlic	Jollof rice	Sweetcorn	Beetroot and Cucumber, cranberry sauce and pickles	Peas
EXTRAS	Fresh fruit platter and Greek yoghurt with honey or fruit compote available daily. Fresh focaccia or cornbread Gluten and Dairy on Monday, Wednesday and Friday. Fresh cakes served on Tuesday, Wednesday and Thursday				

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

W/C 5th February, 26th February, 18th March

WHAT'S FOR LUNCH?

SPRING
WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne Arrabiata Gluten	Chipotle chicken tacos	Baked potatoes with tuna mayonnaise Fish, Dairy, Eggs	Shepherd's pie	Breaded Coley Gluten, Dairy & Fish
MAIN (OPTION 2)	Penne with either pesto or grated cheddar Gluten & Dairy	. Mexican spiced Quorn	Baked potatoes with cheese Dairy	'Nutless Roast'	Halloumi or breaded banana blossom with miso and nori Dairy
SIDES	Garlic roasted broccoli	Jasmine rice Lime and herbs	Sweetcorn/baked beans	Mashed potatoes and swede	Chips & tartare sauce and ketchup (made in house)
VEGETABLES	Rocket lemon juice and olive oil	Corn on the cob with salsa	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. Fresh cakes served on Tuesday, Wednesday and Thursday				

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

W/C 22nd January, 4th March, 25th March,

WHAT'S FOR LUNCH?

SPRING
WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tuna pasta bake Gluten	Sweet n' sour chicken	Margarita pizza Dairy & Gluten	Beef lasagne	Fish pie Dairy & Fish
MAIN (OPTION 2)	Penne with either pesto, or grated cheddar Gluten & Dairy	Sweet n' sour tofu	Olive pizza with non-dairy cheese Gluten	Lentil and root vegetable lasagne	Turmeric spiced carrots and lentils
SIDES	Swiss chard	Jasmine rice lime and herbs	Green beans	Garlic bread	Peas
VEGETABLES	Romain lettuce	White cabbage with lime dressing	Salad bar	Rocket	Iceberg lettuce
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. Fresh cakes served on Tuesday, Wednesday and Thursday				

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