

WHAT'S FOR LUNCH?

Autumn WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato Penne Pasta Bake WHEAT & MILK	Chilli Con Carne	Sweet Potato Curry	Roast Chicken Drumsticks	Panko Crumbed Fresh Fish of the Day FISH, EGGS & WHEAT
MAIN (OPTION 2)	Green Pesto Pasta WHEAT	Chilli Sin Carne	Coconut Lentil Daal	Shortcrust Pastry Vegetable Pie WHEAT, MILK	Crispy Fried Vegetable Fritters EGGS
SIDES Where main includes, portion will be offered as optional extra	Roasted Garlic & Olive Oil Wholemeal Focaccia WHEAT	Jacket Potato, Grated Cheddar Cheese	Basmati Rice & Homemade Flatbreads WHEAT	Roast Potatoes	Skin on Chips, Tartare Sauce with Capers & Cornichons EGGS & SULPHITE
VEGETABLES	Rosemary Roasted Broccoli	Roasted Sweetcorn	Roasted Green Beans	Honey Roasted Carrots	Minted Peas

EXTRAS

Fresh Fruit Platter and Greek Yoghurt with Honey or Fruit Compote Available Daily

Tuesday = Homemade Shortbread

Thursday = Apple & Oat Flapjacks

WHEAT, OATS & MILK

Week Commencing:

5th September 2022



WHAT'S FOR LUNCH?

Autumn
WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Macaroni Cheese WHEAT & MILK	Spiced Chicken Drumsticks	Shepherd's Pie SOY, MILK	Preserved Lemon & Thyme Chicken Thighs	Panko Crumbed Fresh Fish of the Day WHEAT, EGG & FISH
MAIN (OPTION 2)	Tomato, Spinach & Olive Pasta WHEAT	Spiced Roasted Cauliflower	Allergy Free Option as Above	Preserved Lemon & Thyme Halloumi MILK	Crispy Fried Vegetable Croquettes
SIDES Where main includes, portion will be offered as optional extra	Wholemeal Bread WHEAT	Jollof Rice	Olive & Rosemary Wholemeal Focaccia WHEAT	Patatas Bravas	Skin on Chips, Pickled Cucumbers & Lemon Mayo SULPHITES, WHEAT, EGG
VEGETABLES	Garlic Roasted Broccoli	Plantain, Roasted Brussel Sprouts	Garden Peas	Charred Savoy Cabbage	Sweetcorn
EXTRAS	Fresh Fruit Platter and Greek Yoghurt with Honey or Fruit Compote Available Daily Tuesday = Banana Bread Thursday = Apple Crumble MILK, OATS & WHEAT				