

WHAT'S FOR LUNCH?

Autumn
WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Macaroni Cheese WHEAT & MILK	Spanish Chicken	Tomato, Mozzarella & Pizza MILK, WHEAT	Lamb Keema Curry	Panko Fish FISH
MAIN (OPTION 2)	Tomato Pasta WHEAT	Halloumi Fries	Tomato, Mozzarella Pizza MILK, WHEAT	Dahl Curry	Vegetable Pakoras
SIDES Where main includes, portion will be offered as optional extra	Roasted Garlic & Olive Oil Wholemeal Focaccia WHEAT	Diced Potatoes	Italian Green Salad & Garlic Dipping Sauce MILK	Rice	Chips
VEGETABLES	Rosemary Roasted Broccoli	Roasted Tomatoes	Rainbow Carrots	Cauliflower	Baked Beans

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

Tuesday = Cake

Thursday = Cake

WHEAT, EGGS, MILK

EXTRAS



WHAT'S FOR LUNCH?

Autumn

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato Pasta With Anchovies <small>WHEAT</small>	Jerk/Spicy Chicken	Chickpea Curry	Lemon, Garlic & Honey Roast Chicken	Chicken Katsu
MAIN (OPTION 2)	Kedgeree	Vegetable Patty Pie	Coconut Black Dahl	Vegetable Sausages	Potato & Vegetable Croquettes
SIDES		Jollof Rice	Couscous	Roast Potato	Aromatic Rice
<small>Where main includes, portion will be offered as optional extra</small>					
VEGETABLES	Green Beans	Coleslaw & Peas	Cauliflower	Roasted Root Veg	Sweetcorn
EXTRAS	Fresh Fruit and Greek Yoghurt with Honey or Fruit Compote Available Daily				
			Tuesday = Cake	Thursday = Cake	
			<small>WHEAT</small>		

