

# WHAT'S FOR LUNCH?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Tuna Bake WHEAT (GLUTEN), FISH & SULPHITES	Thai Chicken Curry with Chickpeas CELERY, SULPHITES, MUSTARD	Fresh Tomato & Mozzarella Hand Stretched Pizza WHEAT (GLUTEN), CELERY, SULPHITES & MILK	Spaghetti Bolognese WHEAT (GLUTEN), CELERY & SULPHITES	Fish & Chips FISH & WHEAT (GLUTEN)
<b>MAIN (OPTION 2)</b>	Roast Tomatoes and Basil Pasta WHEAT (GLUTEN), CELERY, SULPHITES	Thai Veg Curry with Chickpeas CELERY, SULPHITES, MUSTARD	Hand Stretched Pizza with Mushrooms WHEAT (GLUTEN), CELERY, MILK & SULPHITE	Lentils Bolognese Pasta WHEAT (GLUTEN), CELERY & SULPHITES	Mac 'n' Cheese Bites WHEAT (GLUTEN), CELERY, SULPHITES & MILK
<b>SIDES</b> Where main includes, portion will be offered as optional extra	Rosemary Focaccia WHEAT (GLUTEN)	50/50 Rice Flatbread WHEAT (GLUTEN)	Warm Couscous with Herbs WHEAT (GLUTEN)	Garlic Bread WHEAT (GLUTEN)	Chips Tartare Sauce Mint Sauce Homemade Ketchup SULPHITES
<b>VEGETABLES</b>	Herby Fine Beans Roasted Courgette with Red Onions	Roasted Carrots Broccoli, red peppers and Aubergine	Lettuce and Tomato salad Mushrooms and sundried tomatoes SULPHITES	Carrots and Leeks Pan-Fried Butternut Squash and Sweet Potato	Garden Peas with Butter Pickled Onion SULPHITES Roasted Broccoli and Cauliflower
<b>EXTRAS</b>	Fresh Fruit Platter and Greek Yoghurt/Smoothie with Fruit Compote Available Daily Monday/Tuesday/Thursday = Yoghurt with Fruit Compote or Homemade Smoothie Wednesday = Strawberry and Lemon Cake <b>GLUTEN (WHEAT)</b> Friday = Chocolate Cake <b>GLUTEN (WHEAT) &amp; SULPHITES</b> <b>Week 1 starts the 2<sup>nd</sup> June 2025</b>				

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

# WHAT'S FOR LUNCH?

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Pasta al Pomodoro GLUTEN, SULPHITES	Chicken Sausages GLUTEN, SULPHITES	Mac 'N' Cheese CELERY, SULPHITES GLUTEN AND MILK	Chilli con Carne CELERY & SULPHITES	Friday Roast – Chicken Drumsticks
<b>MAIN (OPTION 2)</b>	Tuna, Herbs and Tomato Pasta WHEAT (GLUTEN) & SULPHITES	Veg Sausages GLUTEN, SULPHITES	Dairy Free Mac 'N' Cheese CELERY, SULPHITES, GLUTEN	Chilli Sin Carne CELERY & SULPHITES	Veg Friday Roast – Smoked Tofu SULPHITES & SOYA
<b>SIDES</b> Where main includes, portion will be offered as optional extra	Italian Focaccia WHEAT (GLUTEN)	Roast Potatoes  Gravy	Wholemeal Bread GLUTEN	50/50 rice  Flatbread WHEAT (GLUTEN)	Roasted Garlic Potatoes  Gravy
<b>VEGETABLES</b>	Sweetcorn and Cucumber Salad  Spinach and roasted Butternut Squash	Roasted Carrots  Roasted Cauliflower and Red Onions	Mixed Leaves, Cucumber and Chickpeas Salad SULPHITES  Mushrooms and Roasted Tomatoes	Charred Red Pepper & Sweetcorn  Mexican Salad (cucumber, tomato, red onions, coriander) SULPHITES	Roasted Carrots and Red Onions  Parsnips
<b>EXTRAS</b>	Fresh Fruit Platter and Greek Yoghurt/Smoothie with Fruit Compote Available Daily Wednesday = Carrot Cake <b>WHEAT (GLUTEN)</b> Friday = Orange Cake <b>WHEAT (GLUTEN)</b> <b>Week 2 starts the 9<sup>th</sup> June 2025</b>				

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