

WHAT'S FOR LUNCH?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato and Basil Pasta WHEAT (GLUTEN) & SULPHITES	Jollof Rice with Chicken SULPHITES	Fresh Tomato & Mozzarella Hand Stretched Pizza WHEAT (GLUTEN), CELERY, SULPHITES & MILK	Pasta Bolognaise WHEAT (GLUTEN), CELERY & SULPHITES	Fish & Chips FISH & WHEAT (GLUTEN)
MAIN (OPTION 2)	Tuna & Tomato Pasta WHEAT (GLUTEN), CELERY, FISH, SULPHITES	Smoked Tofu Jollof Rice SULPHITES, SOYA	Hand Stretched Pizza with Mushrooms WHEAT (GLUTEN), CELERY, MILK & SULPHITE	Veg Bolognaise Pasta WHEAT (GLUTEN), CELERY & SULPHITES	Falafel SULPHITES
SIDES Where main includes, portion will be offered as optional extra	Rosemary Focaccia WHEAT (GLUTEN)	Flatbread WHEAT (GLUTEN)	Warm Couscous with Parsley WHEAT (GLUTEN)	50/50 Bread WHEAT (GLUTEN)	Chips Tartare Sauce Homemade Ketchup SULPHITES
VEGETABLES	Herby Fine Beans And Roasted Carrots	Sweetcorn, cucumber and red onions salad	Lettuce and Tomato salad Mushrooms, herbs and roasted onions SULPHITES	Carrots and Leeks Pan-fried Broccoli and Red Onions	Garden Peas with Butter Pickled Onion SULPHITES Cauliflower With Garlic and Chilli Flakes
○ EXTRAS	Fresh Fruit Platter and Greek Yoghurt/Smoothie with Fruit Compote Available Daily Monday/Tuesday/Thursday = Yoghurt with Fruit Compote or Homemade Smoothie Wednesday = Banana Cake w/ chocolate and coconut sauce GLUTEN (WHEAT) Friday = Strawberry Cake with Lemon Icing GLUTEN (WHEAT) & SULPHITES All meats and poultry served in our school is Halal Week 1 starts the 3rd November 2025				

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
MAIN (OPTION 1)	Pasta "al Pomodoro" GLUTEN, SULPHITES	Indonesian Chicken Satay SULPHITES	Mac 'N' Cheese CELERY, SULPHITES GLUTEN AND MILK	Chicken Sausages GLUTEN & SULPHITES	Jerk Chicken Drumsticks SULPHITES, MUSTARD & SOYA
MAIN (OPTION 2)	Tuna fried Rice with peas, spring onions and parsley WHEAT (GLUTEN), FISH & SULPHITES	Cauliflower & Halloumi Satay MILK, SULPHITES	Penne with Cherry Tomatoes, Herbs and Garlic CELERY, SULPHITES, GLUTEN	Veg Sausages SULPHITES	Sweet Potato & Chickpeas Jerk Curry SULPHITES, MUSTARD & SOYA
SIDES Where main includes, portion will be offered as optional extra	Baguette WHEAT (GLUTEN)	Long Grain Rice Flat Bread	Wholemeal Bread GLUTEN	Roasted Potatoes Roasted Carrots	Pilau Rice
VEGETABLES	Sweetcorn and Spinach Salad	Green Beans and Roasted Carrots	Mixed Leaves, Cucumber and Chickpeas Salad SULPHITES	Parsnips and Spinach Gravy SULPHITES	Lettuce and Sweetcorn Salad Roasted Cauliflower and Red Onions
EXTRAS	Fresh Fruit Platter and Greek Yoghurt/Smoothie with Fruit Compote Available Daily Wednesday = Carrot Cake with Frosting WHEAT (GLUTEN), MILK Friday = Chocolate Cake with chocolate sauce WHEAT (GLUTEN) All meats and poultry served in our school is Halal Week 2 starts the 10th November 2025				

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