WHAT'S FOR LUNCH?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato and Basil Pasta WHEAT (GLUTEN)	Chicken and Carrots Biryani SULPHITES, MILK	Fresh Tomato & Mozzarella Pizza WHEAT (GLUTEN), CELERY, SULPHITES & MILK	Pasta Bolognaise GLUTEN & SULPHITES	Digaag Duban Somali Chicken SULPHITES, SOYA
MAIN (OPTION 2)	Tuna fried Rice with sweetcorn, spring onions and parsley WHEAT (GLUTEN), FISH & SULPHITES	Veg Biryani SOYA, SULPHITES, MILK	Pizza with Mushrooms	Lentils Bolognaise GLUTEN & SULPHITES	Somali Mbogga Vegetarian Option SOYA
SIDES Where main includes, portion will be offered as optional extra	Focaccia WHEAT (GLUTEN)	Basmati Rice WHEAT (GLUTEN) Mint, Cucumber and Yogurt Sauce MILK	Warm Couscous with Parsley WHEAT (GLUTEN)	Bread GLUTEN	50/50 Rice with onions and garlic
VEGETABLES	Roasted Carrots Aubergine and Butternut Squash Mix	Sweetcorn and Roasted Peppers SULPHITES	Lettuce and Tomato salad Mushrooms, herbs and roasted onions	Green Beans Broccoli and Cauliflower	Roasted Carrots with butter and herbs Somali Basbaas Cagaar Sauce
EXTRAS	Monday/Tuesday/Thursday = Yoghurt with Fruit Compote or Homemade Smoothie Wednesday = Banana Cake w/ Cocoa sauce **GLUTEN (WHEAT)** Friday = Chocolate Cake **GLUTEN (WHEAT), EGGS** **All meats and poultry served in our school are Halal** **Week 1 Menu starting the 2nd,16th and 30th November, 14th December 2026**				

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)	Italian Pasta "al Pomodoro" GLUTEN, SULPHITES	Caribbean Brown Stew Chicken SULPHITES	British Chicken Sausages SULPHITES, WHEAT	Cauliflower and Tomato Mac 'N' Cheese CELERY, SULPHITES GLUTEN AND MILK	Fish & Chips WHEAT (GLUTEN)
MAIN (OPTION 2)	British Tuna Bake MILK, SULPHITES, FISH, GLUTEN	Caribbean Veg Stew Chicken SULPHITES	British VEG SAUSAGES WHEAT, SULPHITES	Salmon Fishcakes GLUTEN, CRUSTACEANS	Feta (or Lentils) & Peas Fritters MILK
SIDES Where main includes, portion will be offered as optional extra	50/50 Baguette WHEAT (GLUTEN)	Basmati Rice GLUTEN	Roasted Potatoes Gravy SULPHITES	Wholemeal Bread GLUTEN	Chips Tartare Sauce Homemade Ketchup SULPHITES
VEGETABLES	Sweetcorn and Spinach Salad Chef's Special Veg	Green Beans	Roasted Carrots and Herbs	Mixed Leaves and Cucumber Salad Cauliflower With Garlic and Chilli Flakes	Garden Peas with Butter
EXTRAS	Fresh Fruit Platter and Greek Yoghurt/Smoothie with Fruit Compote Available Daily Wednesday = Lemon Drizzle Cake **WHEAT (GLUTEN)** Friday = Apple Crumble with Custard **WHEAT (GLUTEN), EGGS** **All meats and poultry served in our school are Halal** **Week 2 Menu starting 9th, 23rd November, 7th December 2026**				

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