

# WHAT'S FOR LUNCH?

## AUTUMN 2 WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Salmon And Herbs Pasta WHEAT (GLUTEN), FISH & SULPHITES	Chilli Con Carne CELERY	Vegetarian Lasagna SULPHITES, GLUTEN & MILK	Spag Bol WHEAT (GLUTEN), CELERY & SULPHITES	Fish Fingers FISH & WHEAT (GLUTEN)
<b>MAIN (OPTION 2)</b>	Baked Tomato Mac 'n' Cheese WHEAT (GLUTEN), CELERY, SULPHITES & MILK	Chilli Sin Carne CELERY	DAIRY FREE VEGETARIAN LASAGNA GLUTEN AND SULPHITES	Lentil Spag Bol 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	Baguette WHEAT (GLUTEN)	50/50 Rice Flatbread WHEAT (GLUTEN)	ROSEMARY FOCACCIA WHEAT (GLUTEN)	Oregano Ciabatta WHEAT (GLUTEN)	Chips Tartare Sauce Mint Sauce SULPHITES  Homemade Ketchup SULPHITES
<b>VEGETABLES</b>	Fine Beans and Broccoli Sliced Pepper & Carrot Sticks SULPHITES	Charred Red Pepper & Corn SULPHITES  Tomato Salsa SULPHITES	Lettuce, Cucumber & Tomato Salad  Red Cabbage and Fennel Slaw SULPHITES	Leek & Carrot Medley  Olives & Shredded Lettuce SULPHITES	Garden Peas SULPHITES  Pickled Courgette SULPHITES

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

## EXTRAS

Fresh Seasonal Fruit Platter Available Daily  
Monday/Tuesday/Thursday = Yoghurt with Fruit Compote or Homemade Smoothie  
Wednesday = Apple Crumble **GLUTEN (WHEAT)**  
Friday = Carrot Cake **GLUTEN (WHEAT) & SULPHITES**  
**Week Commencing: 4<sup>th</sup> November, 18<sup>th</sup> November, 2<sup>nd</sup> and 16<sup>th</sup> December 2024**

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# WHAT'S FOR LUNCH?

**AUTUMN 2  
WEEK 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Fusilli with cream and peas WHEAT (GLUTEN), SULPHITES & MILK	Chicken Pie WHEAT (GLUTEN) & SULPHITES	Fresh Tomato & Mozzarella Hand Stretched Pizza WHEAT (GLUTEN), CELERY, SULPHITES & MILK	Thai Coconut Chicken Curry CELERY & SULPHITES	Jerk Chicken SULPHITES & SOYA
<b>MAIN (OPTION 2)</b>	Spaghetti with Tomato & Basil Sauce WHEAT (GLUTEN) & SULPHITES	Veggie Pie WHEAT (GLUTEN) & SULPHITES	Hand Stretched Pizza with Mushrooms WHEAT (GLUTEN), CELERY, MILK & SULPHITE	Thai Coconut Lentil Curry CELERY & SULPHITES	Jerk Cannellini Bean Stew SULPHITES & SOYA
<b>SIDES</b> Where main includes, portion will be offered as optional extra	French Baguette WHEAT (GLUTEN)	Roast Potatoes  Onion Gravy MUSTARD, CELERY & SULPHITES	Fluffy Bulgar Wheat with Basil WHEAT (GLUTEN)	Fried Rice WHEAT (GLUTEN)  Coconut Bread WHEAT (GLUTEN)	Rice & Peas SULPHITES  Roti WHEAT (GLUTEN)
<b>VEGETABLES</b>	Sweetcorn & Spinach  Olives & Tomatoes SULPHITES	Steamed Carrots and Cauliflower  Honey Roasted Parsnips	Lettuce, Tomato and Oregano salad  Crudites	Thai Chopped Red Pepper and Cucumber Salad	Caribbean Corn Salad SULPHITES  'Caesar' with Plantain Croutons
<b>EXTRAS</b>	Fresh Fruit Platter and Greek Yoghurt with Honey or Fruit Compote Available Daily Wednesday = Lemon Cake WHEAT (GLUTEN) Friday = Banana Cake WHEAT (GLUTEN) Week Commencing: 11 <sup>th</sup> and 25 <sup>th</sup> November, 9 <sup>th</sup> and 23 <sup>rd</sup> December 2024				

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