

WHAT'S FOR LUNCH?

Summer
Term

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne with Beef Ragu GLUTEN, SULPHITES	Mike's Jamaican Jerk Chicken	Lamb and Anchovy Meatballs FISH, GLUTEN	Thai Yellow Chicken Curry	Turmeric Fish Fingers EGGS, FISH, GLUTEN
MAIN (OPTION 2)	Penne with Vegetarian Ragu GLUTEN, SOY, SULPHITES	Jerk Tofu SOY	Red Pepper Falafel SESAME	Thai Yellow Vegetable Curry SOY	Halloumi Fingers EGGS, GLUTEN, MILK
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Mozzarella Cheese MILK Focaccia GLUTEN	Rice and Peas Cornbread GLUTEN, MILK	Cous Cous GLUTEN Hummus and Pitta Bread GLUTEN, SESAME	Sticky Rice Prawn Toast EGG, FISH, GLUTEN, SESAME, SOY	Baked Fries Brioche Buns GLUTEN, MILK
VEGETABLES	Green Beans	Corn On The Cob	Broad Beans	Roast Cauliflower	Mushy Peas
EXTRAS		Salad Bar Available Daily Tuesday = Banana Bread EGGS, GLUTEN, MILK		Fresh Fruit Platter Available Daily Thursday = Cereal Bars EGGS, GLUTEN, MILK	

Weeks Commencing: 17/04, 08/05, 05/06, 26/06

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

WHAT'S FOR LUNCH?

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Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Lamb Spaghetti Bolognese GLUTEN, SULPHITES	Nut Free Chicken Satay MILK, SESAME, SOY	Jamaican Fish Patties EGG, FISH, GLUTEN, MILK	Chicken Tikka Masala	Margarita Pizza GLUTEN, MILK, SULPHITE
MAIN (OPTION 2)	Vegetarian Spaghetti Bolognese GLUTEN, SOY, SULPHITES	Nut Free Tofu Satay MILK, SESAME, SOY	Vegetarian Patties EGG, GLUTEN, MILK	Vegetable Samosa and Mango Chutney MUSTARD, WHEAT	Pizza Blanca GLUTEN, MILK, SULPHITE
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Cheddar Cheese MILK	Egg Noodles EGG, GLUTEN	Jollof Rice CELERY, SULPHITES	Basmati Rice	Baked fries
	Focaccia GLUTEN	Vegetable Spring Rolls SESAME, SOY	Cornbread GLUTEN, MILK	Naan Bread GLUTEN, MILK	Garlic Dough Balls GLUTEN, MILK
VEGETABLES	Roast Broccoli	Green Beans	Corn Ribs	Cabbage and Potato Subji MUSTARD	Spinach
EXTRAS	Salad Bar Available Daily Tuesday = Maple Syrup and Fruit Cake EGGS, GLUTEN, MILK			Fresh Fruit Platter Available Daily Thursday = Tahini Brownies EGGS, GLUTEN, MILK, SESAME	

Weeks Commencing: 24/04, 15/05, 12/06, 03/07

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WHAT'S FOR LUNCH?

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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Chicken Milanese EGG, GLUTEN	Jerk Fish Wrap FISH, GLUTEN	Stir Fry Thai Chicken SOY	Spanish Beef Meatballs EGG, GLUTEN, MILK	Peri Peri Chicken Burger EGG, GLUTEN
MAIN (OPTION 2)	Aubergine Milanese EGG, GLUTEN	Jerk Halloumi Wrap GLUTEN, MILK	Stir Fry Thai Vegetables SOY	Potato Omelette EGG	Peri Peri Veggie Burger EGG, GLUTEN
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Red and Green Macaroni Cheese MILK, GLUTEN, SULPHITES Foccacia GLUTEN	Rice and Peas Cornbread GLUTEN, MILK	Egg Noodles EGG, WHEAT Flatbread GLUTEN	Vegetable Paella CELERY, SULPHITE Tomato Bread GLUTEN, SULHITE	Baked fries Brioche Buns GLUTEN, MILK
VEGETABLES	Roast Courgette	Corn On The Cob	Pan Fried Greens SOY	Roast Aubergine	Coleslaw
EXTRAS	Salad Bar Available Daily Tuesday = Carrot Cake EGG, GLUTEN, MILK		Fresh Fruit Platter Available Daily Thursday = Yoghurt and Courgette Cake EGG, GLUTEN, MILK		

Weeks Commencing: 31/04, 22/05, 19/06, 10/07

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