

WHAT'S FOR LUNCH?

AUTUMN 1
WEEKS 1,4+7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Spaghetti With Beef + Anchovy Meatballs + Tomato Sauce CELERY, EGG, FISH, MUSTARD, SOY, SULPHITE, WHEAT	Mike's Jamaican Jerk Chicken CELERY, MUSTARD	Lamb Sausage Rolls EGG, MILK, MUSTARD, SULPHITE, WHEAT	Chicken Tikka Masala MILK	Margerita Pizza MILK, WHEAT
MAIN (OPTION 2)	Spaghetti With Vegetarian Meatballs + Tomato Sauce BARLEY, CELERY, EGG, MUSTARD, SOY, SULPHITE	Jerk Sweet Potato + Black Bean Curry CELERY	Vegetarian Sausage Rolls BARLEY, EGG, MILK, MUSTARD, SULPHITE, WHEAT	Vegetable Samosa MILK, WHEAT	Same As Option 1
SIDES	Cheddar Cheese MILK Rosemary Focaccia WHEAT	Coconut Rice + Peas Tortilla Wrap WHEAT	Potato Salad Simple Bread WHEAT	Simple Rice Naan Bread MILK, WHEAT	Homemade Fries Garlic Dough Balls WHEAT
VEGETABLES	Roasted Broccoli	Corn On The Cob With Chilli + Lime	Carrot Coleslaw	Roasted Cauliflower	Sweetcorn
EXTRAS	Salad Bar Available Daily CELERY, WHEAT / Fresh Fruit Platter Available Daily Mondays, Wednesdays + Fridays - Yoghurt with Honey + Berries MILK Tuesdays – Cereal Bars BARLEY, OATS, MILK, SOY / Thursdays – Fruit and Syrup Cake EGGS, MILK, WHEAT				

Weeks commencing – 4/9/23, 25/9/23, 16/10/23

Wherever possible, all food is homemade on site using local, British ingredients

ALLERGEN INFORMATION Gainsborough employs a no PEANUT and no TREE NUT policy -

However, raw ingredients may be packed in a facility that handles or NUTS or OTHER NUTS

