

LUNCH MENU

WEEK COMMENCING: 01.05, 22.05, 10.06, 01.07.



MONDAY

Cream of tomato and soya mince with penne
pasta
(milk, wheat, soya)
Crispy polenta with mushroom and spinach
ragu
(milk, egg)
Sauteed green beans
Rice pudding with strawberry sauce
(milk)

TUESDAY

Beef stir fry with garlic Chow Mein
and broccoli
(wheat, soya, egg, barley)
Ginger, tofu and garlic Chow Mein
(wheat, barley, egg, soya)
Yoghurt & fruit
(milk)

WEDNESDAY

Rosemary & thyme roasted
chicken
Black eyed peas chilli
(milk)
Roast potatoes
Rainbow slaw
(egg)
Apple cake
(milk, egg, wheat)

THURSDAY

Mexican enchiladas
(milk, egg, mustard, sulphites)
Falafel pita pockets
(milk, wheat, egg)
Paprika rice
Steamed broccoli
Yoghurt with apple compote
(milk)

FRIDAY

Fish & chips
(egg, wheat)
Courgette and red onion frittata
(milk, wheat, egg)
Peas & sweetcorn
Chocolate brownie
(egg, wheat, milk, soya)

EVERYDAY

Freshly sliced fruits
Crudites sticks
Salad bar
Homemade bread(wheat)
Jacket potato, baked beans
Yoghurt(milk)

Allergen Key: 1.Milk, 2.Fish, 3.Gluten, 4.Peanuts, 5.Treenuts, 6.Soya, 7.Sesame, 8.Lupin, 9.Shellfish, 10.Molluscs, 11.Egg, 12.Sulphite, 13.Celery, 14.Mustard

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE