

# LUNCH MENU

WEEK COMMENCING: 04.09, 25.09, 16.10, 06.11, 27.11,



## MONDAY

Classic Mac 'n Cheese  
(wheat, milk)  
Butternut squash and sage risotto  
(milk)  
Garden peas & cauliflower  
Yoghurt & fruits  
(milk)

## TUESDAY

Turkey chilli con carne  
Coriander rice  
Sri Lankan sweet potato and  
chickpea curry  
Nachos  
Steamed greens  
Yoghurt & strawberry topping  
(milk)

## WEDNESDAY

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

## THURSDAY

Spicy beef meatballs with pasta  
(wheat, sulphites)  
Crunchy broccoli, pesto and rucola  
gnocchi  
(wheat, milk)  
Steamed green beans  
Yoghurt and fruits

## FRIDAY

Fish & chips with minted peas  
(fish wheat)  
Courgette frittata  
(milk, egg)  
Banana cake  
(milk, egg, wheat)

## EVERYDAY

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

Allergen Key: 1.Milk, 2.Fish, 3.Gluten, 4.Peanuts, 5.Tree nuts, 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\***

