

Week Commencing:

WHAT'S FOR LUNCH?



**TERM 3
WEEK 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	PUTTANESCA SPAGHETTI (WHEAT, FISH)	DEBBIE'S CHICKEN CURRY	ROAST CHICKEN	VEGETABLE LASAGNE (WHEAT)	TEMPURA FISH (WHEAT, FISH)
MAIN (OPTION 2)	LEMON, CHEESE & SPINACH SPAGHETTI (WHEAT)	MIXED VEGETABLE CURRY	SEASONAL VEG AND LENTIL LOAF (SULPHITES)	VEGETABLE LASAGNE (WHEAT)	SWEETCORN AND COURGETTE FRITTER (WHEAT)
SIDES Where main includes, portion will be offered as optional extra	GARLIC FOCACCIA (WHEAT)	ZESTY LIME RICE	ROASTED POTATOES & ONION GRAVY (MUSTARD)	ROSEMARY WHOLEMEAL LOAF (WHEAT)	CRUNCHY CHIPS TARTARE SAUCE (EGG)
VEGETABLES	MIXED ITALIAN SALAD	CARROT STICKS AND CUCUMBER	ROASTED VEGETABLES	ROASTED BROCCOLI WITH HERBS	CRUSHED PEAS
JACKET POTATOES AND ASSORTED TOPPINGS AVAILABLE (PLEASE ASK KITCHEN TEAM FOR ALLERGENS)					
EXTRAS	Fresh Fruit Platter and Greek Yoghurt with Honey or Fruit Compote Available Daily Tuesday = Fruit Flapjack (OATS, SULPHITES) Thursday = Beetroot Brownie (EGGS, WHEAT, OATS & MILK)				

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

WHAT'S FOR LUNCH?

TERM 3 WEEK

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	CREAMY MAC 'N' CHEESE (WHEAT, MILK)	BARBACOA "BEEF" TACO (WHEAT, SOY)	MARGHERITA PIZZA (WHEAT, MILK)	SUPER GREEN PESTO PASTA (WHEAT)	ARK CRISPY CHICKEN (WHEAT, MILK)
MAIN (OPTION 2)	TOMATO AND BASIL PASTA (WHEAT)	BANG BANG CAULIFLOWER TACO (WHEAT)	BBQ "CHICKEN" PIZZA (WHEAT, MILK)	CHEESY TOMATO PASTA (WHEAT, MILK)	ARK CRISPY VEGGIE NUGGETS (WHEAT)
SIDES Where main includes, portion will be offered as optional extra	GARLIC FOCACCIA (WHEAT)	ZESTY LIME RICE PAPRIKA MAYO (EGGS)	CARROT AND ORANGE SALAD	GARLIC FOCACCIA (WHEAT)	CHUNKY CHIPS HOMEMADE KETCHUP (MUSTARD, SULPHITES, SOY)
VEGETABLES	ROASTED THYME AND HONEY CARROTS	ROASTED CORN COBBETTES	ROASTED GREENS SWEET POTATO WEDGES	THYME AND HONEY ROASTED CARROTS	RAINBOW COLESLAW (MUSTARD)

JACKET POTATOES AND ASSORTED TOPPINGS AVAILABLE (PLEASE ASK KITCHEN TEAM FOR ALLERGENS)

Fresh Fruit Platter and Greek Yoghurt with Honey or Fruit Compote Available Daily

Tuesday = Sultana's Lassi with seasonal fruits (MILK)

Thursday = Butternut Squash Cake with Mandarin Frosting (EGGS, WHEAT, OATS & MILK)

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