

# WHAT'S FOR LUNCH?

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Tomato and Basil Pasta WHEAT (GLUTEN) & SULPHITES	French Chicken Stew with Potatoes SULPHITES	Fresh Tomato & Mozzarella Pizza WHEAT (GLUTEN), CELERY, SULPHITES & MILK	Chicken Sausages GLUTEN & SULPHITES	Lemon and Butter Chicken Drumsticks SULPHITES
<b>MAIN (OPTION 2)</b>	Tuna fried Rice with sweetcorn, spring onions and parsley WHEAT (GLUTEN), FISH & SULPHITES	French Beef Stew or Tofu Stew SULPHITES	Pizza with Mushrooms	Veg Sausages SULPHITES	Sweet Potato with grilled Halloumi SULPHITES, & Dairy
<b>SIDES</b> Where main includes, portion will be offered as optional extra	Focaccia WHEAT (GLUTEN)	Garlicky Rice	Warm Couscous with Parsley WHEAT (GLUTEN)	Roasted Potatoes Roasted Carrots	Pilau Rice
<b>VEGETABLES</b>	Herby Fine Beans Aubergine and Spinach	Roasted Carrots and Broccoli Chestnut Mushrooms	Lettuce and Tomato salad Mushrooms, herbs and roasted onions SULPHITES	Parsnips and Spinach Gravy SULPHITES	Seasoned kale and Sweetcorn Roasted Cauliflower and Red Onions
<b>EXTRAS</b>	Monday/Tuesday/Thursday = Yoghurt with Fruit Compote or Homemade Smoothie Wednesday = Banana Cake w/ chocolate and coconut sauce <b>GLUTEN (WHEAT)</b> Friday = Fruit Jelly <b>All meats and poultry served in our school are Halal</b> <b>Week 23<sup>rd</sup> February 2026</b>				

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

# WHAT'S FOR LUNCH?

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Pasta "al Pomodoro" GLUTEN, SULPHITES	Thai Chicken Curry with Chickpeas SULPHITES, WHEAT (GLUTEN)	Mac 'N' Cheese CELERY, SULPHITES GLUTEN AND MILK	Chilli con Carne SULPHITES	Fish & Chips WHEAT (GLUTEN)
<b>MAIN (OPTION 2)</b>	Tuna Bake MILK, SULPHITES, FISH, GLUTEN	Thai Veg Curry with Squash and Chickpeas SULPHITES, GLUTEN	Salmon Pasta with Cherry Tomatoes, Herbs, Lemon and Garlic GLUTEN, FISH	Chilli Sin Carne (beans, sweet potatoes, cauliflower) MILK, SULPHITES	Lentil Fritters SULPHITES
<b>SIDES</b> Where main includes, portion will be offered as optional extra	50/50 Baguette WHEAT (GLUTEN)	50/50 Rice Naan Bread GLUTEN	Wholemeal Bread GLUTEN	Long Grain Rice	Chips Tartare Sauce Homemade Ketchup SULPHITES
<b>VEGETABLES</b>	Sweetcorn and Spinach Salad Chef's Special Veg	Roasted Carrots with Parsley SULPHITES	Mixed Leaves and Cucumber SULPHITES Roasted Butternut Squash	Green Beans and Sweetcorn Mexican Tomato and Cucumber Salad SULPHITES	Garden Peas with Butter Pickled Onion SULPHITES Cauliflower With Garlic and Chilli Flakes
<b>EXTRAS</b>	Fresh Fruit Platter and Greek Yoghurt/Smoothie with Fruit Compote Available Daily Wednesday = Carrot Cake with Frosting <b>WHEAT (GLUTEN), MILK</b> Friday = Apple Cake with Lemon Icing <b>WHEAT (GLUTEN), MILK</b> <b>All meats and poultry served in our school are Halal</b> <b>Week 2 starts the 2<sup>nd</sup> March 2026</b>				

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