

WHAT'S FOR LUNCH?

AUTUMN 2 WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Salmon And Herbs Pasta WHEAT (GLUTEN), FISH & SULPHITES	Chilli Con Carne CELERY	Vegetarian Lasagna SULPHITES, GLUTEN & MILK	Spag Bol WHEAT (GLUTEN), CELERY & SULPHITES	Fish Fingers FISH & WHEAT (GLUTEN)
MAIN (OPTION 2)	Baked Tomato Mac 'n' Cheese WHEAT (GLUTEN), CELERY, SULPHITES & MILK	Chilli Sin Carne CELERY	DAIRY FREE VEGETARIAN LASAGNA GLUTEN AND SULPHITES	Lentil Spag Bol WHEAT (GLUTEN), CELERY & SULPHITES	Mac 'n' Cheese Bites WHEAT (GLUTEN), CELERY, SULPHITES & MILK
SIDES Where main includes, portion will be offered as optional extra	Baguette WHEAT (GLUTEN)	50/50 Rice Flatbread WHEAT (GLUTEN)	ROSEMARY FOCACCIA WHEAT (GLUTEN)	Oregano Ciabatta WHEAT (GLUTEN)	Chips Tartare Sauce Mint Sauce SULPHITES Homemade Ketchup SULPHITES
VEGETABLES	Fine Beans and Broccoli Sliced Pepper & Carrot Sticks SULPHITES	Charred Red Pepper & Corn SULPHITES Tomato Salsa SULPHITES	Lettuce, Cucumber & Tomato Salad Red Cabbage and Fennel Slaw SULPHITES	Leek & Carrot Medley Olives & Shredded Lettuce SULPHITES	Garden Peas SULPHITES Pickled Courgette SULPHITES

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

EXTRAS

Fresh Seasonal Fruit Platter Available Daily
Monday/Tuesday/Thursday = Yoghurt with Fruit Compote or Homemade Smoothie
Wednesday = Apple Crumble **GLUTEN (WHEAT)**
Friday = Carrot Cake **GLUTEN (WHEAT) & SULPHITES**
Week Commencing: 4th November, 18th November, 2nd and 16th December 2024

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