

WHAT'S FOR LUNCH?

**AUTUMN 2
WEEK 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Fusilli with cream and peas WHEAT (GLUTEN), SULPHITES & MILK	Chicken Pie WHEAT (GLUTEN) & SULPHITES	Fresh Tomato & Mozzarella Hand Stretched Pizza WHEAT (GLUTEN), CELERY, SULPHITES & MILK	Thai Coconut Chicken Curry CELERY & SULPHITES	Jerk Chicken SULPHITES & SOYA
MAIN (OPTION 2)	Spaghetti with Tomato & Basil Sauce WHEAT (GLUTEN) & SULPHITES	Veggie Pie WHEAT (GLUTEN) & SULPHITES	Hand Stretched Pizza with Mushrooms WHEAT (GLUTEN), CELERY, MILK & SULPHITE	Thai Coconut Lentil Curry CELERY & SULPHITES	Jerk Cannellini Bean Stew SULPHITES & SOYA
SIDES Where main includes, portion will be offered as optional extra	French Baguette WHEAT (GLUTEN)	Roast Potatoes Onion Gravy MUSTARD, CELERY & SULPHITES	Fluffy Bulgar Wheat with Basil WHEAT (GLUTEN)	Fried Rice WHEAT (GLUTEN) Coconut Bread WHEAT (GLUTEN)	Rice & Peas SULPHITES Roti WHEAT (GLUTEN)
VEGETABLES	Sweetcorn & Spinach Olives & Tomatoes SULPHITES	Steamed Carrots and Cauliflower Honey Roasted Parsnips	Lettuce, Tomato and Oregano salad Crudites	Thai Chopped Red Pepper and Cucumber Salad	Caribbean Corn Salad SULPHITES 'Caesar' with Plantain Croutons
EXTRAS	Fresh Fruit Platter and Greek Yoghurt with Honey or Fruit Compote Available Daily Wednesday = Lemon Cake WHEAT (GLUTEN) Friday = Banana Cake WHEAT (GLUTEN) Week Commencing: 11 th and 25 th November, 9 th and 23 rd December 2024				

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