

# WHAT'S FOR LUNCH?

## WINTER WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Salmon And Herbs Pasta WHEAT (GLUTEN), FISH & SULPHITES	Chicken alla Cacciatore with tomatoes and bell peppers CELERY	Roasted Sausages WHEAT (GLUTEN) & SULPHITES	Pasta Bolognaise WHEAT (GLUTEN), CELERY & SULPHITES	Fish & Chips FISH & WHEAT (GLUTEN)
<b>MAIN (OPTION 2)</b>	Baked Tomato Mac 'n' Cheese WHEAT (GLUTEN), CELERY, SULPHITES & MILK	Veggie Cacciatore with tomatoes and bell peppers CELERY	Veggie Roasted Sausages WHEAT (GLUTEN) & SULPHITES	Lentil Pasta Bolognaise WHEAT (GLUTEN), CELERY & SULPHITES	Mac 'n' Cheese Bites WHEAT (GLUTEN), CELERY, SULPHITES & MILK
<b>SIDES</b> Where main includes, portion will be offered as optional extra	Baguette WHEAT (GLUTEN)	50/50 Rice Focaccia WHEAT (GLUTEN)	Mashed Potatoes Delicious Gravy MUSTARD, CELERY & SULPHITES	Oregano Ciabatta WHEAT (GLUTEN)	Chips Tartare Sauce Mint Sauce SULPHITES Homemade Ketchup SULPHITES
<b>VEGETABLES</b>	Fine Beans and Seasoned Broccoli Roasted Courgette with celery and red peppers SULPHITES	Herby Carrots and Cauliflower Saucy Mushrooms with onions and Black Olives SULPHITES	Roasted Carrots and parsley Seasoned Parsnips and Red Onions	Steamed Leeks & Carrots Medley Pan-Fried Aubergine and Butternut Squash	Garden Peas Roasted Broccoli
<b>EXTRAS</b>	Fresh Seasonal Fruit Platter Available Daily Monday/Tuesday/Thursday = Yoghurt with Fruit Compote or Homemade Smoothie Wednesday = Apple Crumble <b>GLUTEN (WHEAT)</b> Friday = Carrot Cake <b>GLUTEN (WHEAT) &amp; SULPHITES</b> <b>Week Commencing: 24<sup>th</sup> February, 10<sup>th</sup> and 24<sup>th</sup> March 2025</b>				

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

# WHAT'S FOR LUNCH?

## WINTER WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Penne Pasta with cream and peas WHEAT (GLUTEN), SULPHITES & MILK	Chilli Con Carne CELERY	Fresh Tomato & Mozzarella Hand Stretched Pizza WHEAT (GLUTEN), CELERY, SULPHITES & MILK	Thai Coconut Chicken Curry CELERY & SULPHITES	Slow Cooked Chicken in Barbecue Sauce SULPHITES & MUSTARD
<b>MAIN (OPTION 2)</b>	Pasta Farfalle with Tomato & Basil Sauce WHEAT (GLUTEN) & SULPHITES	Chilli Sin Carne CELERY	Hand Stretched Pizza with Mushrooms WHEAT (GLUTEN), CELERY, MILK & SULPHITE	Thai Coconut Lentil Curry CELERY & SULPHITES	Beans and Vegetables BBQ Stew SULPHITES
<b>SIDES</b> Where main includes, portion will be offered as optional extra	50/50 Bread WHEAT (GLUTEN)	50/50 Rice Flatbread WHEAT (GLUTEN)	Warm Bulgur Wheat with Herbs WHEAT (GLUTEN)	Steamed Rice WHEAT (GLUTEN)  Paratha Bread WHEAT (GLUTEN)	Garlic Potatoes SULPHITES
<b>VEGETABLES</b>	Roasted Carrots and Kale  Beetroot and Fennel roast	Charred Red Pepper & Corn  Mexican Salad SULPHITES	Lettuce and Oregano salad  Roasted sundried tomatoes and capers SULPHITES	Thai Chopped Red Pepper and Cucumber Salad	Braised Red Cabbage and Cauliflower SULPHITES
<b>EXTRAS</b>	Fresh Fruit Platter and Greek Yoghurt with Honey or Fruit Compote Available Daily Wednesday = Lemon and Fruits Cake WHEAT (GLUTEN) Friday = Banana Cake WHEAT (GLUTEN) <b>Week Commencing: 3<sup>rd</sup> and 17<sup>th</sup> and 31<sup>st</sup> March 2025</b>				

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