

Allergy Key:

Gluten Free option	GF	Corn	C
Dairy Free option	DF	Gluten:	G
Veg option	V	Dairy:	D
Eggs:	E	Pork:	P

W/C 18/01 08/02 08/03	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
Protein	Homemade Bolognese Ragout & Cheese (D) ---	Crispy Chicken with Chorizo & Tomato Sauce (D) ---	Pulled Pork Tacos with Cheese ---	Lamb Keema Curry ---	MSC Approved Fish Fingers (G, F) --
Vegetables	Steamed seasonal vegetables ---	Seasonal Vegetables ----	Peas & Sweetcorn ----	Seasonal Vegetables ---	Peas & Carrots --
Carbohydrate	Pasta (G)	Roated New Potatoes	Taco Shells Rice	Pilau Rice	Roast Potatoes
VEGETARIAN OPTION					
Protein	Tomato & Basil Sauce with Lentils and Chickpeas ---	Vegetable & Bean Casserole with Paprika & Tomato Sauce (D) ---	Quorn Chilli Tacos with Cheese ---	Lentil & vegetable Curry ---	Vegetable Risotto Cakes --
Vegetables	Steamed seasonal vegetables ---	Seasonal Vegetables ----	Peas & Sweetcorn ----	Stir Fried Summer Vegetables ----	Baked Beans, Peas & Carrots --
Carbohydrate	Pasta (G)	Steamed New Potatoes	Taco Shells Rice	Egg Fried Noodles	Roast Potatoes
ALLERGEN/INTOLERANCE OPTION					
	Gluten Free Gravy				Gluten, Egg & Dairy Free Fish Fingers
DESSERT					
	Greek Yoghurt & Honey (D)	Fresh Fruit Salad	Greek Yoghurt & Honey (D)	Homemade Cookies (D, E, G) Mixed Fresh Fruit	Fruit Jelly