

Allergy Key:

Fish	F	Corn	C	Soya	S	No Sesame Seeds, Nuts or Peanuts are used in production of our food
Lupin	L	Gluten:	G	Mustard	M	
Crustacean/Mollusc	CM	Dairy:	D	Celery	Cel	
Eggs:	E	Pork:	P	Sulphites	Sul	

WEEK 2 W/C 13-09 04-10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
Protein	Tomato & Mozzarella Ravioli with Butter & Parmesan (P)	Fresh English Beef Burgers ---	Homemade Turkey Goujons (G, E) ---	Picnic Rolls with Ham & Cheese (G, D, E) ---	Stonebaked Pizza with Pepperoni, Tomato, Mozzarella & Basil (G, D) --
Vegetables	--- Sweetcorn & Peas ---	Green Beans & Roasted Carrot Batons ---	Steamed Peas & Carrots ---	Cucumber, carrots & cherry tomato crudites ---	Corn on the cob --
Carbohydrate	Pasta (G,D)	Brioche Bun (G, D, E)	Pastina with Butter & Parmesan (G, D)	Bread Roll	Pizza (G)
VEGETARIAN OPTION					
Protein	Ricotta & Spinach ravioli with creamy tomato & roasted butternut sauce (D, E)	Homemade Falafel (G,D) ---	Homemade Roasted Vegetable Croquettes (G, D, E) ---	Picnic Rolls with Cheese & Egg fillings ---	Stonebaked Pizza with Tomato, Mozzarella & Basil (G, D) --
Vegetables	--- Sweetcorn & Peas ---	Green Beans & Roasted Carrot Batons ---	Steamed Peas & Carrots ---	Cucumber, carrots & cherry tomato crudites ---	Corn on the cob --
Carbohydrate	Pasta (G)	Brioche Bun (G, D, E)	Pastina with Butter & Parmesan (G, D)	Bread Roll	Pizza (G)
ALLERGEN/INTOLERANCE OPTION					
	Gluten & Dairy Free Pasta with Arrabbiata Sauce	Gluten & Dairy Free Roll	Gluten Free Goujons & Pasta	Gluten Free Roll	Gluten & Dairy Free Pizza with Tomato & Basil Sauce
DESSERT					
	Fruit Yoghurt (D) Sugar-free Jellies	Homemade Cookies (D, E, G) Sugar-free Jellies	Summer Fruit Salad Sugar-free Jellies	Fruit Jelly Sugar-free Jellies	Homemade Cookies (D, E, G) Sugar-free Jellies