

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	
Pork	P	Sulphites	Sul			

WEEK 3 W/C 20-09 11-10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
Protein	Classic Macaroni Cheese (D, G)	Cornfed Chicken Thighs with Homemade Piri Piri Marinade ---	Homemade BBQ Pulled Pork Tacos with cheese ----	Traditional Lasagne with Bolognese ragout, Bechamel Tomato & Mozzarella (G, D, E)	MSC Approved Fish Fingers (G,E,D)
Vegetables	Roasted Carrots & Celeriac ----	Corn on the Cob & Roasted Carrots ----	Sweetcorn & Butternut ----	Broccoli & Spring Greens ----	Mixed Seasonal Vegetables ---
Carbohydrate	Pasta (G)	Brioche Roll (G)	Tacos Rice	Pasta (G)	French Fries
VEGETARIAN OPTION					
Protein	Neapolitan Pasta Bake with Mediterranean Vegetables with Mozzarella, Tomato & Basil (D,G)	Homemade Spiced Beanburger with Peppers (GF)	Warm Lentils with Roasted Butternut, Beetroot & Crumbled Feta (D)	Warm Summer Pasta Salad with Artichokes & Aubergine and a sundried tomato dressing -----	Vegetable Risotto Cakes ---
Vegetables	Roasted Carrots & Celeriac ----	Corn on the Cob & Roasted Carrots ----	Sweetcorn & Butternut ----	Broccoli & Spring Greens ----	Mixed Seasonal Vegetables ---
Carbohydrate	Pasta(G)	Brioche Roll (G)	Tacos shells Rice	Pasta (G)	French Fries
ALLERGEN/INTOLERANCE OPTION					
	Gluten Free Meatballs & Pasta	Gluten & Dairy Free Roll	Corn Tacos Pulled Chicken	Gluten & Dairy Free Lasagne	Gluten, Egg & Dairy Free Fish Fingers
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