

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 1 W/C 01-11 22-11 13-12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
Protein	British Smoked Pork Hotdogs	Norfolk Free Range Chicken Drumsticks with Moroccan Tomato Sauce	Homemade Italian Meatballs with Tomato & Basil Arrabbiata (G)	Chinese style noodles with Norfolk Chicken, Eggs, Peas & Sweetcorn (G, S, E, C)	Breaded Sustainably Sourced Cod Fillets (G)
Vegetables	-- Carrots & Sweetcorn	--- Green Beans & Broccoli	--- Green Beans & Carrots	--- Stir Fried Summer Vegetables	-- Peas & Sweetcorn
Carbohydrate	-- Finger Rolls (G)	---- Cous Cous (G)	---- Pasta (G)		-- Chunky Chips
VEGETARIAN OPTION					
Protein	Smoked Plant Based Vegan Hotdogs (G, D)	Homemade Falafels with Moroccan Tomato Sauce	Fresh Tomato, Olive, Caper & Basil with Cheese	Chinese style noodles with Tofu, Black Beans, Ginger, Spring Onion, Peas & Sweetcorn (G, S, E, C)	Risotto & Vegetable Cakes (G,E)
Vegetables	--- Carrots & Sweetcorn	--- Green Beans & Broccoli	--- Green Beans & Carrots	--- Stir Fried Summer Vegetables	-- Peas & Sweetcorn
Carbohydrate	---- Finger Rolls	---- Cous Cous (G)	---- Pasta (G)		-- Chunky Chips
ALLERGEN/INTOLERANCE OPTION					
	Pork, Gluten & Dairy Free Sausages Gluten Free Rolls	Steamed Basmati	Gluten Free Pasta with Tomato & Basil	Soya, Corn & Egg free fried rice	Gluten, Egg & Dairy Free Fish Fingers
DESSERT					
	Fruit Yoghurt (D) Sugar-free Jellies	Homemade Cookies (D, E, G) Sugar-free Jellies	Fruit Salad Sugar-free Jellies	Fruit Jelly Sugar-free Jellies	Homemade Cookies (D, E, G) Fruit Jelly Sugar-free Jellies