

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 08-11 29-11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOMem					
Protein	Sundried Tomato & Mozzarella Ravioli with Tomato, Basil & Parmesan (P)	Homemade Lamb & Mint Kofte with Tomato ---	BBQ Marinated Chicken Thighs (G)	Homemade Turkey Goujons (G, E)	Stonebaked Pizza with Pepperoni, Tomato, Mozzarella & Basil (G, D)
Vegetables	--- Sweetcorn & Peas ---	Green Beans & Roasted Carrot Batons ---	Cucumber, carrots & cherry tomato crudites ---	--- Steamed Peas & Carrots ---	--- Corn on the cob ---
Carbohydrate	Pasta (G,D)	Spiced Roasted Sweet Potatoes & Potatoes	Brioche Roll (D,G)	Pastina with Butter & Parmesan (G, D)	Pizza (G)
VEGETARIAN OPTION					
Protein	Cavatappi pasta with tomato & roasted butternut sauce (D, E)	Homemade Falafel (G,D)	Southern Fried Quorn Escalope ---	Homemade Roasted Vegetable Croquettes (G, D, E)	Stonebaked Pizza with Tomato, Mozzarella & Basil (G, D)
Vegetables	--- Sweetcorn & Peas ---	Green Beans & Roasted Carrot Batons ---	Cucumber, carrots & cherry tomato crudites ---	--- Steamed Peas & Carrots ---	--- Corn on the cob ---
Carbohydrate	Pasta (G)	Spiced Roasted Sweet Potatoes & Potatoes	Brioche Roll (D,G)	Pastina with Butter & Parmesan (G, D)	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 & Greek Yoghurt (D)	Homemade Cookies (D, E, G)	Fruit Salad	Fruit Jelly	Sicilian Lemon Cake (D, E, G)