



Menu

Week Beginning Monday 26th April

(apologies in advance: some changes may occur from time to time due to seasonal availability or unforeseen circumstances)

Allergens ~~with a line through~~ are in the dish: molluscs eggs fish lupin soya milk peanuts gluten crustaceans mustard nuts sesame celery sulphites

Monday

Main Meal—Meat Free Monday

mega mild black bean and kidney bean chilli

Side of.....hassleback potatoes, sweetcorn, mozzarella, diced red onion and fresh coriander

pudding....choice of fresh fruit

Allergens

molluscs eggs fish lupin soya ~~milk~~ peanuts gluten crustaceans mustard nuts sesame celery-sulphites

Tuesday

Main Meal—Choose fromThai style pork and lemongrass kebobs on a skewer or Thai style vegetarian kebab

Side of.....fresh coriander brown rice, stir fried seasonal cabbage and peas in garlic, ginger and soy sauce

pudding....fresh fruit

Allergens

molluscs eggs fish lupin ~~soya~~ milk peanuts ~~gluten~~ crustaceans mustard nuts sesame celery sulphites

Wednesday

Main Meal—Without Meat Wednesday

seasonal vegetable and cheese pasta bake

Side of.....roasted broccoli, rocket, lovage and black olive salad

pudding....Greek yogurt with a crunchy homemade granola topping

Allergens

molluscs eggs fish lupin soya ~~milk~~ peanuts ~~gluten~~ crustaceans mustard nuts sesame celery-sulphites

Thursday

Main Meal—Choose from

free range chicken shawarma or falafel wraps

Side of.....flatbread, shredded cabbage and carrot, lettuce, cucumber, mint, sorrel, sour cream, couscous

pudding....fresh fruit

Allergens

molluscs eggs fish lupin soya milk peanuts ~~gluten~~ crustaceans mustard nuts sesame celery sulphites

Friday

Main Meal

fresh, local, white fish butter curry

A side offluffy rice, steamed broccoli

pudding.... Friday treat to be decided

Allergens

molluscs eggs ~~fish~~ lupin soya ~~milk~~ peanuts gluten crustaceans mustard nuts sesame celery sulphites