



Menu

Week Beginning Monday 5th July

(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

nut free pesto, new potato and fine green bean pasta

Side of.....green salad with olives

pudding....dairy or non-dairy rice pudding or seasonal fresh fruit

Allergens

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

Tuesday

Main Meal—Choose fromfree-range egg or chicken Katsu curry

Side of.....sticky Jasmine rice, sweetcorn, ribbons of: cucumber, spring onion and carrot

pudding....fresh fruit

Allergens

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

Wednesday

Main Meal—Without Meat Wednesday

Chinese style free-range fried egg and stir fried seasonal vegetables with noodles

pudding....Greek yogurt with a crunchy homemade granola topping or fresh fruit

Allergens

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

Thursday

Main Meal—Choose from

buttered baked potato

Side of.....cheddar and mozzarella, tuna mayo, crunchy seasonal salad, sweetcorn

pudding....fresh fruit

Allergens

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

Friday

Main Meal— Fish Friday

fresh, local, white fish in breadcrumbs

A side ofchips, peas, tartare sauce and ketchup

pudding.... Friday treat to be decided

Allergens

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