



Menu

Week Beginning Monday 19th 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

fresh tomato, garlic and herb pasta sauce on spaghetti

Side of.....school grown salad leaves, cucumber and grated carrot, optional parmesan sprinkles

Pudding....dairy free coconut rice pudding

Allergens

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

Tuesday

Main Meal—Choose fromfennel rustic beef or chickpea and cheese meatballs in a rich tomato and vegetable sauce

Side of.....steamed batons of courgette with peas, in a garlic and extra virgin olive oil dressing and couscous

Pudding....fresh fruit

Allergens

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

Wednesday

Main Meal—Without Meat Wednesday

zingy lemon zest, garlic, spinach and basil pasta

Side of.....optional parmesan sprinkles and roasted broccoli

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

Skewered free-range chicken thigh or veggie sausage with fresh lemon juice, cumin and a sweet sauce

Side of.....hasselback potato, steamed seasonal cabbage, broccoli and peas

Pudding....fresh fruit

Allergens

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

Friday

Main Meal—Fish Friday

early finishing day - vegetarian smoky hotdog, chips and ketchup

Pudding.... Friday treat to be decided

Allergens

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