

Menu

Weeks Beginning

Monday 15th November & Monday 6th December

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

Allergens are highlighted in red



Monday

Main Meal—Meat Free Monday

tomato and red lentils with fresh sage and garlic on spaghetti
pasta

Side of.....roasted broccoli and black olives

Pudding....rice pudding

Allergens

milk - gluten - lupin—sulphites

Tuesday

Main Meal—Choose fromKatsu curry with either free-range
chicken or boiled egg

Side of.....fluffy Jasmine rice and steamed seasonal vegetables

Pudding....fresh fruit

Allergens

eggs- gluten—soya

Wednesday

Main Meal—Without Meat Wednesday

Bangladeshi style red lentils with five spices

Side of.....50/50 rice (basmati and wholegrain), flat bread and
roasted seasonal vegetables

Pudding....Greek yogurt with a crunchy homemade honey, oat,
quinoa and dried zest and cranberry granola

Allergens

milk - gluten - sulphites

Thursday

Main Meal—Choose from

beef or green lentil spaghetti Bolognese with optional parmesan
sprinkles

Side of.....chunky seasonal salad with peas and olives

Pudding....fresh fruit

Allergens

sulphites - gluten—lupin—milk

Friday

Main Meal— Fish Friday

fresh, local, white fish in Panko breadcrumbs

A side ofoven roasted skin on chips, peas, lemon and ketchup

Pudding.... lemon drizzle cake slices

Allergens

eggs - fish - lupin - milk - gluten - sulphites