

19 Sept (apologies in advance: some changes may occur from time to time due to seasonal availability, delivery issues, or unforeseen circumstances)

Allergens **are in bold**

Meat Free Monday 19 Sept
BANK HOLIDAY

Tuesday 20 Sept

Main: free-range sticky chicken thigh /veggie pattie in sticky sauce
Sides: Basmati and brown rice mix with three seasonal ginger stir fried vegetables
Pud: rice pudding or fresh fruit

Allergens

Gluten – milk - sulphates

Without Meat Wednesday 21 Sept

Main: fresh skinless tomato, roasted aubergine, garlic and sage spaghetti pasta sauce
Sides: roasted broccoli, optional parmesan sprinkles
Pud: rice pudding or fresh fruit

Allergens

– lupin – milk – gluten -

Thursday 22 Sept

Main: spaghetti Bolognese made with either minced beef, lamb or lentils
Sides: a chunky seasonal salad with sliced olives, optional parmesan sprinkles
Pud: fresh fruit

Allergens

dairy– gluten -sulphates

Fish Friday 23 Sept

Main: fresh, local, white fish baked in breadcrumbs
Sides: oven roasted skin on chips, peas and ketchup
Pud: home-made toffee popcorn in a paper bag

Allergens

– dairy – gluten