

**3 Jan** (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 23 Jan**

**Main:** fresh and dried fennel, green lentil and balsamic ragu with optional parmesan sprinkles

**Sides:** winter salad: raw slaw – Brussel sprouts, carrots, celeriac with red lettuce, cucumber and sliced mixed olives,

**Pud:** Cinnamon and nutmeg rice pudding or fresh fruit

Allergens

**gluten – milk - sulphates**

**Tuesday 24 Jan**

**Main:** Holy lamb/chickpea stew: lamb/and or chickpeas, butternut squash, dried berries, tomatoes and fresh mint

**Sides:** couscous and quinoa mix with peas and steamed seasonal cabbage

**Pud:** Rice pudding or fresh fruit

Allergens

**gluten – milk -sulphates**

**Without Meat Wednesday 25 Jan**

**Main:** Baked Potatoes with butter or plant based spread

**Sides:** home-made baked beans, mozzarella and Cheddar cheese mix, tuna mayo, grated carrot and a chunky salad: butter lettuce, cucumber and tomato

**Pud:** Greek yogurt tinned mango fruit Fool

Allergens

**- milk -**

**Thursday 26 Jan**

**Main:** Katsu curry gravy with either free-range, Panko coated chicken fillets, or boiled egg

**Sides:** fluffy Jasmine rice, sautéed seasonal kale with onion, garlic and ginger

**Pud:** fresh fruit

Allergens

**gluten**

**Fish Friday 27 Jan**

**Main:** fresh, local, white fish (most recently, Hake or Pollock) in Panko breadcrumbs

**Sides:** oven roasted skin on chips, peas (tartare sauce and ketchup optional)

**Pud:** lemon cheesecake (dairy and gluten free option available)

Allergens

**- dairy – gluten - lupin**