

13 March (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 27 Feb

Main: lentil dahl, sweetcorn, coriander, cucumber and tomato chutney

Sides: fluffy rice, flat bread

Pud: cinnamon and nutmeg rice pudding or fresh fruit

Allergens

lupin -gluten - milk

Tuesday 14 March

Main: Katsu chicken curry (or egg)

Sides: steamed rice, sauted cavolo nero, Chinese cabbage and spring onion with garlic and ginger

Pud: rice pudding or tinned fruit cocktail

Allergens

Gluten - sulphates - milk

Without Meat Wednesday 15 March

Main: tomato, seasonal vegetable and green lentil pasta

Sides: chunky salad with celeriac, carrot, cucumber, tomato and mixed coloured lettuce heads

Pud: Greek yogurt fruit Fool or fresh fruit

Allergens

- lupin - milk - gluten -

Thursday 16 March

Main: Pork sausage or chicken pieces

Sides: roasted new potatoes and seasonal vegetables

Pud: fresh seasonal fruit

Allergens

dairy- gluten

Fish Friday 17 March

Main: fresh, local, Whiting fish fillets in Panko Breadcrumbs

Sides: oven roasted skin on chips, peas and ketchup

Pud: lemon zest shortbread biscuits

Allergens

- dairy - gluten - lupin