

11 Sept (apologies in advance: some changes may occur from time to time due to seasonal availability or unforeseen circumstances)
Allergens **are in bold**

Meat Free Monday 11 Sept

Main: home-made nut-free pesto pasta with baby new potatoes and fine green beans

Pud: Home-made rice pudding or fresh fruit (flat peach)

Allergens

- **lupin - milk - gluten -**

Tuesday 12 Sept

Main: home-made Katsu chicken or egg curry

Sides: fluffy basmati rice, peas and a carrot, cucumber and spring onion ribbon salad

Pud: fresh fruit

Allergens

- **gluten -**

Without Meat Wednesday 13 Sept

Main: baked, easy to pull apart, Hassleback potato

Sides: tuna mayo, mozzarella and Cheddar mix, finger crunchies; carrot, cucumber, pepper and large cherry tomato

Pud: Greek yogurt and crème fraiche mango Fool or fresh fruit

Allergens

- **milk -**

Thursday 14 Sept

Main: tacos (2 each) with either beef, lamb, or bean and onion, garlic, pepper and a tomato based sauce

Sides: mixed fluffy white and brown rice with fried onion, garlic and kidney bean. Optional toppings of shredded lettuce, cheese, diced red onion and fresh coriander

Pud: fresh fruit

Allergens

- **gluten - milk -**

Friday 15 Sept

Main: Panko coated and baked, fresh local whiting

Sides: skin on roasted chips and peas

Pud: fruit puff pastry slice

Allergens

- **gluten- lupin - milk -**