

**20 Nov** (apologies in advance: some changes may occur from time to time due to seasonal availability or unforeseen circumstances such as delivery issues)

Allergens **are in bold**

**Meat Free Monday 20 Nov**

**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 21 Nov**

**Main:** home-made Katsu chicken or egg curry

**Sides:** fluffy basmati rice, crispy kale, and a carrot, cucumber and spring onion ribbon salad

**Pud:** fresh fruit

Allergens

- **gluten -**

**Without Meat Wednesday 22 Nov**

**Main:** baked, easy to pull apart, Hassleback potato

**Sides:** tuna mayo, mozzarella and Cheddar mix, finger crunchies; carrot, cucumber, pepper and large cherry tomato and home-made baked beans

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

Allergens

- **milk -**

**Thursday 23 Nov**

**Main:** crispy corn tacos with either beef, lamb, or beans with onion, garlic, pepper and a tomato based sauce

**Sides:** a mix of fluffy white rice and beans, with fried onion and garlic cooked in home-made stock. Optional toppings of shredded iceberg lettuce, mozzarella cheese, diced red onion and fresh coriander and optional chilli oil

**Pud:** fresh fruit

Allergens

- **milk -**

**Friday 24 NOV**

**Main:** Panko coated and baked, fresh local whiting

**Sides:** skin on roasted chips and peas

**Pud:** Sticky Ginger cake

Allergens

- **gluten- lupin - milk -**