

22 Jan (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 22 Jan

Main: rich tomato and seasonal roasted vegetables with pasta

Sides: roasted kale and optional fresh parmesan

Pud: Home-made cinnamon and nutmeg rice pudding or fresh seasonal fruit

Allergens

- **lupin** - **milk** - **gluten** -

Taco Tuesday 23 Jan

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

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

Pud: fresh seasonal fruit

Allergens

dairy -

Without Meat Wednesday 24 Jan

Main: Home-made Macaroni cheese with fresh crispy croutons

Sides: roasted broccoli

Pud: Greek yogurt and mango Fool or fresh seasonal fruit

Allergens

- **milk** - **gluten**

Thursday 25 Jan

Main: home-made Milanese style, Panko, parmesan and Rosemary coated chicken fillets or home-made vegetarian patties

Sides: pull apart hassleback potatoes, swede cubes, baby carrot rounds and peas

Pud: fresh seasonal fruit

Allergens

- **gluten** - **dairy**

Friday 26 Jan

Main: Panko coated and baked, fresh local Haddock

Sides: skin on roasted chips and peas

Pud: home-made lemon zest shortbread

Allergens

- **gluten**- **lupin** -