

29 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 29 Jan

Main: tomato, cinnamon and bay pasta sauce

Sides: roasted broccoli and optional fresh parmesan

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

Allergens

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

Taco Tuesday 30 Jan

Main: baked, easy to pull apart, Hassleback potato

Sides: tuna mayo, mozzarella and Cheddar mix, finger crunchies; carrot, cucumber, pepper with home-made baked beans and sweetcorn

Pud: fresh seasonal fruit

Allergens

dairy -

Without Meat Wednesday 31 Jan

Main: tomato, basil, mozzarella pizza filo parcels

Sides: peas or sweetcorn, fluffy white rice cooked with fried onion, garlic and fresh vegetable home-made stock

Pud: Greek yogurt and mango Fool or fresh seasonal fruit

Allergens

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

Thursday 1 Feb

Main: herby beef, lamb or veggie bean and cheese balls sitting on a rich Moroccan flavoured, sweet tomato and carrot sauce

Sides: savoury couscous, crispy roasted dark green kale

Pud: fresh fruit

Allergens

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

Friday 2 Feb

Main: Panko coated and baked, fresh local Haddock

Sides: skin on roasted chips and peas

Pud: home-made apple crumble with optional cream

Allergens

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