



WHAT'S FOR LUNCH?

SUMMER WEEK 1

w/c: 15th April, 6th May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Mac & Cheese (WHEAT, MILK)	Shepherds Pie (FISH, WHEAT, SOY, CELERY, MILK)	Margherita Pizza (WHEAT, SULPHITES, MILK)	Jerk Chicken (SOY)	Battered Fish of the Day (FISH, WHEAT)
MAIN (OPTION 2)	Penne Pasta with Tomato and Basil (WHEAT, SULPHITES)	Vegetable Shepherds Pie (SOY, CELERY, MILK)	Margherita Pizza (WHEAT, SULPHITES MILK)	Jerk Cauliflower Steak (SOY)	Vegetable Fritter
VEGETABLES	SEASONAL VEGETABLES AND SALAD BAR ARE AVAILABLE DAILY. BOTH ARE INCLUDED WITH A MAIN MEAL.				
ACCOMPANIMENTS	Garlic Bread (WHEAT)	Included in Main	Salad/Slaw (SULPHITES)	Rice and peas Plantain	Chips Homemade Ketchup (SULPHITES) Tartare Sauce (SULPHITES)
DESSERT	Seasonal Fruits	Raisin Flapjack (GLUTEN - OAT, SULPHITES)	Seasonal Fruits	Jam, Coconut Sponge & Custard (WHEAT, MILK, EGG)	Seasonal Fruits

A SELECTION OF BREAKFAST CEREALS, BREAD, SANDWICHES, FRESH FRUIT AND YOGHURT AVAILABLE EVERY DAY

ALLERGY FREE AND VEGAN OPTIONS AVAILABLE - PLEASE SPEAK TO YOUR SCHOOL CHEF – NUT FREE KITCHEN





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SUMMER WEEK 2

w/c: 22nd April, 13th May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Pesto Pasta (WHEAT, MILK)	Chicken Noodle Stir Fry (WHEAT, SOY, EGG)	Lamb Kofta Wrap (WHEAT, SULPHITES)	Cardinal Fried Chicken (WHEAT, EGG)	Roasted Fish of the Day with Red Stew (FISH)
MAIN (OPTION 2)	Caponata Pasta (WHEAT, SULPHITES)	Vegetarian Noodle Stir Fry (WHEAT, SOY, EGG)	Falafel Wrap (WHEAT, SESAME)	Cardinal Fried Cauliflower (WHEAT, EGG)	Roasted Sweet Potato & Chickpeas with Red Stew
VEGETABLES	SEASONAL VEGETABLES AND SALAD BAR ARE AVAILABLE DAILY. BOTH ARE INCLUDED WITH A MAIN MEAL.				
ACCOMPANIMENTS	Focaccia (WHEAT)	Included in Main	Bulgur (WHEAT) Garlic & Chilli Sauces (MILK, SULPHITES)	Mash (MILK) Gravy & Collard Greens	Jollof
DESSERT	Seasonal Fruits	Spiced Carrot Cake (WHEAT, EGGS)	Seasonal Fruits	Buttermilk Cake with Berries (WHEAT, EGGS, MILK)	Seasonal Fruits

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SUMMER WEEK 3

w/c: 29th April, 20th May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Penne Al'Arrabiata (WHEAT, SULPHITES)	Chicken Rogan Josh (MUSTARD)	Beef Burrito (WHEAT)	Curried Goat (SULPHITES)	Panko Fish of the Day Katsu Sauce (FISH, SULPHITES, SOY, WHEAT)
MAIN (OPTION 2)	Creamy Mushroom & Spring Green Pasta (WHEAT, MILK)	Veg Rogan Josh (MUSTARD)	Veggie Burrito (WHEAT)	Curried Chickpeas & Spinach (SULPHITES)	Panko Squash Katsu Sauce (SULPHITES, SOY, WHEAT)
VEGETABLES	SEASONAL VEGETABLES AND SALAD BAR ARE AVAILABLE DAILY. BOTH ARE INCLUDED WITH A MAIN MEAL.				
ACCOMPANIMENTS	Focaccia (WHEAT)	Coriander Rice	Charred Corn with Chilli and Lime	Rice and Peas	Sticky Rice (SULPHITES) Smacked Cucumber (SOY, SULPHITES)
DESSERT	Seasonal Fruits	Salted Caramel Cookie (WHEAT, MILK, SOY)	Seasonal Fruits	Banana Bread (WHEAT, MILK, EGG)	Seasonal Fruits

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