

LUNCH MENU – Week 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISHES	BBQ Summertime Meatballs & Rice (G,E)	Chilli Chicken Fajita (G,MK)	Cheeseburger Salad, salsa and Guacamole Roasted New Potatoes (G,MK)	Chargrilled Habanero Chicken Spicy Rice	Battered Fish Chicken Gougons (G,E,MK,MU,F)
VEGETARIAN	Spinach and Ricotta Tortellini with a vegetable pesto (G,MK)	Fajita Quorn (G,MK,SO)	Vegetable Burger Salad, Salsa & Guacamole, Roasted New Potatoes (G,MK,E)	Macaroni Cheese Garlic Bread (M,G,)	Chips Beans Salad
PASTA KING	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)
GRAB & GO	Jacket Potato Bar (F,E,MK,MU) Hot Topping Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping Salad Bar
DESSERT	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags

ALLERGENS

CE = Celery	L = Lupin	P = Peanuts
CU = Crustacean	MK = Milk	SE = Sesame
E = Eggs	MO = Mollusc	SO = Soya
F = Fish	MU = Mustard	SU = Sulphites
G = Gluten	N = Nuts	



LUNCH MENU – Week 2

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISHES	Spaghetti Bolognaise Garlic Bread (G,MK)	Piri Piri Chicken Tenders, vegetable Rice	Moroccan Beef Kofta's Herb Cous Cous (G,SO,MK,SE)	Jerk Chicken Rice & Peas (N)	Battered Fish Chicken Gougons (G,E,MK,MU F)
VEGETARIAN	Quorn Bolognaise Garlic Bread (SO,MK,G)	Spicy Chickpeas with Halloumi, Vegetable Rice (MK)	Roasted Vegetable Tangine, Cous Cous Cuc & Yoghurt Dip (G,SO,MK,SE)	Spinach and Pepper Tart, Salad Coleslaw (E,G)	Chips Beans Salad
PASTA KING	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)
GRAB & GO	Jacket Potato Bar (F,E,MK,MU) Hot Topping/Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping/Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping/Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping/Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping/Salad Bar
DESSERT	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags

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