

School Lunch Menu: Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Tandoori Chicken Mint Raita m/g/s	Italian beef Ragu with Penne Pasta g	Roast Turkey Stuffing with Cranberry Sauce g	Chicken Tagine g	Battered Pollock Tartare Sauce f/e/g
Veggie Mains	Root Vegetable & Mixed Bean Korma g/s	Cauliflower Mushroom Kale with Penne Pasta g	Veggie Mince Tray Bake With Roasted Vegetables g	Chick pea Butternut Squash Tagine g	Mediterranean Vegetable Bean Pie g
Sides	Turmeric Rice Peas & Carrots Rocket Salad	Chef Salad Broccoli Garlic Bread g/m	Roast Potatoes Melange of Vegetables	Green Beans Cous Cous Pitta bread g	Farmhouse Fries Peas with Spinach
Bread	Fresh Baked Bread Daily (G)				
Baguettes & Wraps (for Secondary pupils)	A freshly baked baguette (G) with a selection of fillings: Cheese & Tomato (M), Tuna Mayonnaise, Sweetcorn & Cucumber (F, E), Chicken Mayonnaise (E) Wraps (G) with daily special fillings				
Jackets	With Cheddar Cheese (M), Low Salt & Low Sugar Baked Beans, Tuna Mayonnaise (E, M, F)				
Sweets	Winter Fruit Crumble with Custard g/m	Iced Sponge Cake g/e/m	Fruit Jelly Ice Cream e/m	Apricot Peach Cobbler with Custard g/m/e	Double Chocolate Muffin m/g/e
Fruit & Yoghurt	Fresh Fruit and Natural Yoghurt (M)				

If you have any food allergies or intolerances please speak to a member of staff

Allergy Advice: Celery: (C), (G): Cereals/Gluten, (M): Milk, (E): Egg, (F): Fish, (O): Oats, (Ca): Carrots, (P): Peas (So): Soya, Sulphites: (Su), (R): Raisins, (Mu): Mustard, (Co): Coconut