

Spring Term Lunch Menu – **Week 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Glass Noodle Vegetable Stir Fry (Soy)	Beef Bolognese	Roasted Pork Sausages	Chickpea Tagine	Freshly Caught Fish (F) (G)
Main 2 Vegetarian*		Lentil Bolognese	Roasted Bean Sausage	Frittata (E)	Vegetable Pakora
Accompaniment	Fried Rice	Spaghetti (G) (E)	Chive Mashed Potatoes	Herby Couscous (G)	Chips (Su)
Vegetable Additions	Roasted Broccoli	Spinach Leaves and Tomato	Peas Onion Gravy	Mange Tout and Sugar Snaps	Chef's Baked Beans (C) French Beans
Sharing on Tables	Asian Salad (SS)	Cucumber and Sugar Snaps	Carrot Sticks and Cucumber	Roasted Beetroot	Mixed Salad
Bread	Freshly Baked Bread (G)				
Dessert	Greek Yoghurt (with honey, optional) (D) Fresh Fruit	Greek Yoghurt (with honey, optional) (D) Fresh Fruit	Rice Pudding with a Berry Coli (D) Fresh Fruit	Banoffee Pie (D) Fresh Fruit	Greek Yoghurt (with honey, optional) (D) Fresh Fruit

Allergens: C = Celery D = Dairy E = Egg F = Fish G = Gluten M = Mustard Soy = Soya SS = Sesame Seeds Su = Sulphates

**All vegetarian meals are suitable for vegans*

If your child has any allergies, please contact the school office so that the Head Chef can be fully informed of your child's needs.

This menu is subject to variations as fresh ingredients are delivered daily.