

Spring 2019 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> w/c 7 <sup>th</sup> Jan 28 <sup>th</sup> Jan	(V) Southern style Quorn burger in a bun with jacket wedges (1/5/9)  (V) Vegetable Biryani served with rice (8/10)  <i>Green beans</i>  <i>Apple turnovers &amp; custard (1/5/8)</i>	Halal chicken pie with mash and gravy (1/8)  (V) Root vegetable Pattie served with mash and gravy (1/5)  <i>Carrots and peas</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Roast salmon & pea risotto with parmesan shavings (6/8)  (V) Veggie bean taco served with vegetable couscous (1/8) <i>Steamed broccoli and cauliflower</i>  <i>Syrup sponge with custard (1,5,8)</i>	Roast British beef served with roast potatoes & gravy (1)  (V) Vegetable Wellington served with roast potatoes & gravy (1)  <i>Green beans &amp; carrots</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Tempura pollock fillet served with potato wedges (1,6)  (V) Mac 'n' cheese (1/8)  <i>Garden peas and sweetcorn</i>  <i>Fruit salad</i>
	(V) Pasta spirals in homemade pesto (1,8)  (V) Veggie meat balls in tomato sauce served with wholemeal rice (1,5,9,2)  <i>Greek style salad</i>  <i>Chocolate cake with chocolate custard (1,6,8)</i>	Halal chilli con carne served with mild spiced brown rice (2)  (V) Vegetable samosa with Bombay potatoes & mint yoghurt (1/2/8/10)  <i>Grated carrot salad</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Fish sandwich served with lime mayonnaise dressing (1/5/6/10)  (V) Potato gnocchi in mushroom & garlic creamy sauce (1,5,8)  <i>Steamed baby spinach and peas</i>  <i>Oat apple crumble (1/8)</i>	Roast British pork served with apple sauce, roast potatoes & gravy (1)  (V) Cauliflower cheese served with roast potatoes (1/8)  <i>Green beans and carrots</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Classic "Fish and Chips" (1/6)  (V) Chickpea Korma served with Pilaf rice (8/10)  <i>Garden peas</i>  <i>Ice cream (8)</i>
	V Ratatouille lasagne (1/8)  (V) Veggie sausage & mash (1,8,9)  <i>Green medley</i>  <i>White chocolate sponge with custard (1/5/8)</i>	Halal turkey meatballs served with BBQ sauce & rice (1,5,9)  (V) Paneer cheese curry served with sag aloo (8,10)  <i>Green bean</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Fish cake fingers served with new potatoes (1,5,6)  (V) Tagliatelle Neapolitan (1/2)  <i>Steamed broccoli</i>  <i>Chocolate and beetroot brownie (1/5/8)</i>	Wholemeal pepperoni pizza (1/2/8)  (V) Wholemeal Margarita Pizza (1/2/8)  <i>Mediterranean mixed salad</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Creamy salmon and broccoli pasta (1/6/8)  (V) BBQ Shepherds pie with chickpea & lentils (2,9)  <i>Garden peas and sweetcorn</i>  <i>Cheese and crackers and grapes (1/8)</i>

Allergens Key	
Gluten	1
Celery	2
Peanuts	3
Tree nuts	4
Eggs	5
Fish	6
Crustacea	7
Dairy	8
Soy	9
Mustard	10
Sesame	11
Lupin	12
Sulphur	13
Molluscs	14

All meat served on a Tuesday will be Halal certified.

All fish and fish products will be sustainably sourced.

Local and British grown produce will be given priority whenever seasonally available

We avoid knowingly purchasing nuts and nut products

Fresh fruit and seasonal salads served daily

