

Spring 2020 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 w/c 24th Feb 16th Mar	(V) Spaghetti with hidden vegetable tomato sauce (1/2/8)	Halal beef lasagne (1/8)	Salmon burger served with relish & basmati rice (1/2/6/8)	Roast British beef served with roast potatoes & gravy (1)	Breaded cod fillet served with chips & tartar sauce (1,5,6,8)
	(V) Vegetable Biryani served with rice (8/10)	(V) Root vegetable Pasty served with mash & gravy (1/5)	(V) Stir fried noodles with broccoli & peas (1/9)	(V) Vegetable & quorn loaf served with roast potatoes & gravy (1,8)	(V) Mac 'n' cheese (1/8)
	Steamed broccoli	Green medley	Chefs salad	Green beans & carrots	Garden peas & sweetcorn
	Apple & berry crumble with custard (1/5/8)	Yoghurt & fresh fruit (8)	Lemon sponge with cream (1,5,8)	Yoghurt & fresh fruit (8)	Fruit salad
Week 2 w/c 2nd Mar 23rd Mar	(V) Creamy courgette lasagne (1/8)	Halal "Somali" lamb samosa with jewelled rice & tomato sauce (1/2)	Pasta spirals with salmon & pesto cream (1/2/8)	Peri Peri chicken served with new potatoes & mild spiced gravy (1)	Breaded fish ciabatta sandwich served with potato wedges (1/6)
	(V) Potato, squash & feta cake served with ratatouille vegetables (1/5/8)	(V) Mild spiced cajun wraps served with warm tomato salsa (1,2,8)	(V) Homemade falafel with hummus & pitta bread (1/5)	(V) Cauliflower & spinach curry with garlic flat bread (1/8/10)	(V) Quorn & vegetable Korma served with pilaf rice (2,8,10)
	Green salad	Grated carrot salad	Steamed baby spinach & peas	Green beans and carrots	Garden peas and sweetcorn
	Chocolate cake with chocolate custard (1,5,8)	Yoghurt & fresh fruit (8)	Oat apple crumble (1/8)	Yoghurt & fresh fruit (8)	Cheese & crackers & grapes (1/8)
Week 3 w/c 9th Mar 30th Mar	Veggie toad in the hole with creamy mashed potatoes (1/5/8)	Breaded chicken burger with hidden vegetable tomato ketchup (1/2)	Fish fingers served with new potatoes (1,5,6)	Wholemeal Pizza topped with paprika chicken bites (1/2/8)	Classic "Fish and Chips" (1/6)
	(V) Vegetable & "Linda McCartney mince" moussaka (1/8)	(V) Mild spiced lentil & haloumi burger served with BBQ sauce (1,2,5,8)	(V) Tagliatelle Neapolitan (1/2/8)	(V) Wholemeal Margarita Pizza (1/2/8)	(V) Chickpea tagine served with jewelled couscous (1,8,10)
	Green medley	Green Chef's salad	Steamed broccoli	Mediterranean mixed salad	Mushy peas
	White chocolate sponge with custard (1/5/8)	Yoghurt & fresh fruit (8)	Chocolate & beetroot brownie (1/5/8)	Yoghurt & fresh fruit (8)	Raspberry jelly with cream (8)

Allergens key

Gluten	1
Celery	2
Peanuts	3
Treenuts	4
Egg	5
Fish	6
Crustacea	7
Dairy	8
Soy	9
Mustard	10
Sesame	11
Lupin	12
Sulphur	13
Molluses	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.

