

Spring 2020 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 w/c 6th Jan 27th Jan	(V) Southern style Quorn burger in a bun with jacket wedges (1/5/2) (V) Vegetable Biryani served with rice (8/10) Green beans Apple turnovers & custard (1/5/8)	Halal Shepherd's pie topped with mashed potatoes (1/8) (V) Root vegetable Pasty served with mash and gravy (1/5) Carrots and peas Yoghurt & fresh fruit (8)	Roast salmon & pea quiche with parmesan shavings (1,5,6,8) (V) Veggie bean taco served with patatas bravas (8) Steamed broccoli and cauliflower Syrup sponge with custard (1,5,8)	Roast British beef served with roast potatoes & gravy (1) (V) Vegetable Wellington served with roast potatoes & gravy (1,8) Green beans & carrots Yoghurt & fresh fruit (8)	Breaded cod fillet served with chips & tartar sauce (1,5,6,8) (V) Mac 'n' cheese (1/8) Garden peas and sweetcorn Fruit salad
Week 2 w/c 13th Jan 3rd Feb	(V) Pasta spirals with veggie Bolognese sauce (1,2,8,9) (V) Veggie Swedish meat balls served with Gravy & wholemeal rice (1,2,5,8,9) Greek style salad Chocolate cake with chocolate custard (1,5,8)	Halal chilli con carne served with mild spiced brown rice (2) (V) Arancini served with hidden vegetable tomato sauce (1,2,8) Grated carrot salad Yoghurt & fresh fruit (8)	Fish sandwich served with lime mayonnaise dressing (1/5/6/10) (V) Pad Thai noodles (1,2,5,9) Steamed baby spinach and peas Oat apple crumble (1/8)	Roast British pork served with apple sauce, roast potatoes & gravy (1) (V) Cauliflower cheese served with roast potatoes (1/8) Green beans and carrots Yoghurt & fresh fruit (8)	Classic "Fish and Chips" (1/6) (V) Chickpea tagine served with jewelled couscous (1,8,10) Mushy peas Raspberry jelly with cream (8)
Week 3 w/c 20th Jan 10th Feb	V Ratatouille lasagne (1/8) (V) Veggie sausage & mash (8,9) Green medley White chocolate sponge with custard (1/5/8)	Halal Cajun turkey burger served with BBQ sauce (1) (V) Mild spiced veggie burger served with BBQ sauce (1,2,5,8,10) Green Chef's salad Yoghurt & fresh fruit (8)	Fish fingers served with new potatoes (1,5,6) (V) Tagliatelle Neapolitan (1/2/8) Steamed broccoli Chocolate and beetroot brownie (1/5/8)	Wholemeal pepperoni pizza (1/2/8) (V) Wholemeal Margarita Pizza (1/2/8) Mediterranean mixed salad Yoghurt & fresh fruit (8)	Creamy salmon and broccoli & pea pasta (1/6/8) (V) West Indian sweet potato curry served with garlic flatbread (1,2,8,10) Garden peas and sweetcorn Cheese and crackers and grapes (1/8)

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

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

