

Winter /Spring 2022 Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Allergens key
<b>Week 1</b> w/c	(V) Egg curry served with basmati rice (8/10)	Halal Peri Peri chicken served with new potatoes & mild spiced gravy (1)	Cod & pea burger served with lime mayonnaise & sweet potato wedges (1/5/6)	Wholemeal pizza topped with pepperoni (1/2/8)	Classic fish and chips (1/6)	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 Molluscs 14
<b>3rd</b> <b>January</b>	(V) Squash & spinach veggie lasagne (1/8)	(V) Root vegetable Pasty served with mash and gravy (1/5)	(V) Tagliatelle Neapolitan (1/2/8)	(V) Wholemeal Margarita Pizza (1/2/8)	Vegetable sausage roll with home made tomato dip & chips (1/8/9)	
<b>24th</b> <b>January</b>	Steamed Savoy cabbage	Green beans, carrots	Cut cucumber	Steamed broccoli	Garden peas	
	German apple cake topped with jam (1/5/8)	Fresh fruit	Marble cake (1/5/8)	Fresh fruit	Fruit yoghurt pot (8)	
<b>Week 2</b> w/c	(V) Spaghetti with hidden vegetable tomato sauce (1/2/8)	Halal beef lasagne topped with mature cheddar (1/8)	Fish fingers served with oven roasted potato wedges (1/5/6)	Wholemeal pizza topped with spicy chicken strips (1/2/8)	Cajun spiced fish ciabatta sandwich with avocado salsa (1/6)	<b>We avoid knowingly purchasing nuts and nut products.</b>
<b>10th</b> <b>January</b>	(V) Vegetable Biryani served with rice (8/10)	(V) Vegetable "bangers & mashed potatoes" (1/8/9)	(V) Vegetable pad Thai noodles (1/5/9)	Wholemeal Margarita Pizza (1/2/8)	(V) Mac 'n' cheese (1/8)	<b>All meat served on a Tuesday will be Halal certified.</b>
<b>31st</b> <b>January</b>	Chef's salad	Green beans & peas	Steamed broccoli	Cut vegetables	Vegetable medley	<b>All fish and fish products will be sustainably sourced.</b>
	Lemon drizzle sponge (1/5/8)	Fresh fruit	Chocolate & beetroot brownie (1/5/8)	Fresh fruit	Fruit yoghurt pot (8)	
<b>Week 3</b> w/c	Veggie toad in the hole with creamy mashed potatoes (1/5/8)	Halal Breaded chicken burger with hidden vegetable tomato ketchup (1/2)	Pasta spirals with salmon & pesto cream (1/2/8)	Wholemeal pizza topped with ham & mushrooms (1/2/8)	Breaded fish fillet served with new potatoes & hidden vegetable ketchup (1/2/6)	<b>Local and British grown produce will be given priority whenever seasonally available.</b>
<b>17th</b> <b>January</b>	(V) Potato, squash & feta cake served with ratatouille vegetables (1/5/8)	(V) Mild spiced lentil & haloumi burger served with BBQ sauce (1,2,5,8)	(V) Cauliflower & spinach curry with garlic bread(1/8/10)	(V) Wholemeal Margarita pizza (1/2/8)	(V) Stir fried noodles with broccoli & peas (1/9)	<b>Fresh fruit and seasonal salads are served daily.</b>
<b>7th</b> <b>February</b>	Steamed broccoli	Green beans	Vegetable medley	Cut cucumber	Green beans & carrots	
	Home-made vanilla sponge(1/5/8)	Fresh fruit	Double chocolate cookies (1/5/8)	Fresh fruit	Fruit yoghurt pot (8)	

