

**1 July** (apologies in advance: some changes may occur from time to time due to seasonal availability or unforeseen circumstances)

Allergens **are in bold**

### **Meat Free Monday 1 July**

**Main:** home-made nut-free **pesto** pasta with baby new potatoes and fine green beans

**Pud:** Home-made cinnamon and nutmeg rice pudding or fresh seasonal fruit

- **lupin - dairy/milk - gluten -**

### **Tuesday 2 July**

**Main:** Butter chicken or butternut squash and chickpea curry

**Sides:** fluffy rice, cucumber chunks and peas

**Pud:** fresh seasonal fruit

- **dairy/milk - gluten -**

### **Without Meat Wednesday 3 July**

**Main:** home-made Italian style pastina soup

**Sides:** optional parmesan sprinkles

**Pud:** Greek yogurt and frozen berry puree fruit Fool or fresh seasonal fruit

- **milk - gluten**

### **Thursday 4 July**

**Main:** herby beef, lamb or veggie bean and cheese balls sitting on a thick Moroccan flavoured, sweet tomato and carrot sauce

**Sides:** savoury couscous, pea guacamole and sweetcorn

**Pud:** fresh seasonal fruit

**gluten - dairy**

### **Friday 5 July**

**Main:** panko coated and baked, fresh local Haddock 'bites'

**Sides:** skin on roasted wedges peas and **gherkins**

**Pud:** home-made tinned fruit and berry, oatly crumble with plant based cream

- **gluten - lupin - milk**