

Week starting 4/25 Nov & 16 Dec (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 4/25 Nov & 16 Dec

Main: home-made roasted red pepper pesto pasta shapes

Sides: roasted broccoli

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

- milk -

Tuesday 5/26 Nov & 17 Dec

Main: home-made Katsu chicken or chickpea curry

Sides: sticky Jasmine rice and steamed sauted seasonal cabbage and crunchy punterelle

Pud: fresh seasonal fruit

gluten -

Without Meat Wednesday 6/27 Nov & 18 Dec

Main: home-made macaroni cheese bake, with crispy croutons

Sides: steamed broccoli and cauliflower

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

- milk - gluten

Thursday 7/28 Nov & 19 Dec

Main: home-made dried date, sweet, holy lamb and butternut squash, or chickpea and butternut squash stew, with fresh mint

Sides: steamed seasonal cabbage and couscous

Pud: fresh seasonal fruit

gluten

Friday 8/29 Nov & 20 Dec

Main: baked, fresh local white fish

Sides: potato wedges and peas

Pud: home-made Pound cake

Allergens

dairy - gluten

Week 1
Week 4
Week 7