



# WEEKLY LUNCH MENU

## 5 January to 8 January - Allergens in Red

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		BRITAIN	THE PACIFICS	PASTA	FUN DAY
MAIN COURSE		ENGLISH BEEF & ONION PIE GLUTEN	HAWAIIAN SHOYU CHICKEN SOY SAUCE	BEEF & MOZZARELLA LASAGNE GLUTEN & DAIRY	CHICKEN SHAWARMA GLUTEN & EGG
SIDE		CREAMY MASHED POTATOES DAIRY	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	GARLIC & MOZZARELLA BREAD GLUTEN & DAIRY
VEGETARIAN OPTION		VEGETARIAN POT PIE GLUTEN	BBQ CORN SHOYU SOY SAUCE	GRILLED VEGETABLE LASAGNA GLUTEN & DAIRY	VEGETABLE SHAWARMA GLUTEN
SIDE		CREAMY MASHED POTATOES DAIRY	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	GARLIC & MOZZARELLA BREAD GLUTEN & DAIRY
SALAD OF THE DAY		CORONATION SALAD EGG	JAPANESE CUCUMBER & BEAN SALAD GREEN BEANS	APPLE AND FETA CELERY SALAD DAIRY	FATTOUSH SALAD GLUTEN
DESSERT		CONFETTI CAKE GLUTEN, EGG & DAIRY FRUIT SALAD	RED VELVET CAKE GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	CHOC CHIP CAKE GLUTEN, EGG & DAIRY FRUIT SALAD	MANGO MOUSSE EGG & DAIRY FRESH FRUIT SALAD
BEVERAGE		FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



# WEEKLY LUNCH MENU

11 January - 15 January - Allergens in Red

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	ENGLAND	ASIAN	THE MOUNTAINS	FUN DAY
MAIN COURSE	GRILLED CHICKEN MAC & CHEESE GLUTEN & DAIRY	BRITISH AUTUMN CASSEROLE GLUTEN	CHICKEN PAD THAI	MONGOLIAN BEEF WITH GINGER	PEPPERONI PIZZA GLUTEN & DAIRY
SIDE	SPRING ITALIAN VEG	CREAMY MASHED POTATO DAIRY	STIR FRIED PENNE GLUTEN	ASIAN RICE	CAJUN SWEET POTATO WEDGES
VEGETARIAN OPTION	MACARONI & CHEESE GLUTEN & DAIRY	WILD MUSHROOM CASSEROLE DAIRY	VEGETABLE PAD THAI	MONGOLIAN STIR FRY WITH GINGER	MARGARITA PIZZA GLUTEN & DAIRY
SIDE	SPRING ITALIAN VEG	CREAMY MASHED POTATO DAIRY	STIR FRIED PENNE GLUTEN	ASIAN RICE	CAJUN SWEET POTATO WEDGES
SALAD OF THE DAY	TOMATO PANZANELLA SALAD GLUTEN	NUT FREE WALDORF EGG & DAIRY	ASIAN SLAW EGG	NACHO SALAD	COLESLAW EGG
DESSERT	RAISINS AND BANANA CAKE DAIRY, EGG & GLUTEN FRESH FRUIT SALAD	ICED SPONGE CAKE GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	MANGO MOUSSE DAIRY FRESH FRUIT SALAD	COOKIES GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	ASSORTED PASTRY GLUTEN, EGG & DAIRY FRESH FRUIT SALAD
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



# WEEKLY LUNCH MENU

18 January to 22 January - Allergens in Red

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	INTERNATIONAL DAY	ASIAN	THE AMERICAS	FUN DAY
MAIN COURSE	CHICKEN, SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	NORTH AFRICAN MEATBALLS	SWEET & SOUR CHICKEN, PINEAPPLE & PEPPERS DAIRY & PINEAPPLE	SLOW ROASTED BBQ BRISKET WITH CHIMMICHURRI GLUTEN	MEXICAN CHARRED CHICKEN BURRITO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	SOUTHERN SWEET POTATOES DAIRY	NACHO & CHEDDAR BAKE DAIRY
VEGETARIAN OPTION	SUNDRIED TOMATO & PESTO PENNE GLUTEN & DAIRY	CHICKPEA FALAFELS WITH CILANTRO & LIME GLUTEN	SWEET & SOUR VEGETABLE STIR FRY DAIRY & PINEAPPLE	BBQ MUSHROOM SKEWERS WITH GREEN PEPPERS	VEGETABLE MEXICAN TACO EGG & GLUTEN
SIDE	SUMMER ITALIAN VEGETABLES	SMOKEY POTATO WEDGES	FRAGRANT RICE PILAF	SOUTHERN SWEET POTATOES DAIRY	NACHO & CHEDDAR BAKE EGG & DAIRY
SALAD OF THE DAY	TOMATO, CUCUMBER & FETA SALAD DAIRY	CAPSICUM, DATE & CHICKPEA SALAD	SUMMER CORN & PEAR SALAD	SUPERFOOD SALAD	CORN, SPRING ONION & TOMATO SALAD
DESSERT	APPLE CRUMBLE EGG, GLUTEN & DAIRY FRESH FRUIT SALAD	DATE CAKE GLUTEN, EGG & DAIRY CHOPPED CUT FRUIT	CHOCOLATE CRINKLE BROWNIE GLUTEN, EGG & DAIRY FRESH CUT FRUIT	CHOCOLATE SPONGE DAIRY, EGG & GLUTEN FRESH CUT FRUIT	ASSORTED PASTRY DAIRY, EGG & GLUTEN FRESH CUT FRUIT
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY



# WEEKLY LUNCH MENU

## 25 January to 29 January - Allergens in Red

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PASTA	MEDITERRANEAN	ARABIAN	TASTE OF INDIA	FUN DAY
MAIN COURSE	ITALIAN PASTA & MEATBALLS <b>GLUTEN &amp; DAIRY</b>	GRILLED LEMON & HERB CHICKEN	MEATY KOFTAS WITH CUMIN & GARLIC	FRAGRANT BUTTER CHICKEN <b>DAIRY</b>	BEEF BURGER <b>DAIRY, EGG &amp; GLUTEN</b>
SIDE	CHEESY GARLIC BREAD <b>GLUTEN &amp; DAIRY</b>	ROASTED GREEK POTATOES <b>DAIRY</b>	MOZZARELLA & HERB PASTA BAKE <b>GLUTEN &amp; DAIRY</b>	LEMONY RICE & POPPADOM <b>GLUTEN</b>	BAKED SWEET POTATO CHIPS
VEGETARIAN OPTION	TOMATO & PARMESAN PASTA <b>GLUTEN &amp; DAIRY</b>	ZUCCHINI FRITTERS LEMON & HERBS <b>GLUTEN</b>	CHICKPEA FALAFELS WITH CILANTRO & LIME <b>EGG</b>	PANEER BUTTER CURRY <b>DAIRY</b>	VEGETABLE BURGERS WITH GARLIC MAYO <b>DAIRY, EGG &amp; GLUTEN</b>
SIDE	CHEESY GARLIC BREAD <b>GLUTEN &amp; DAIRY</b>	ROASTED GREEK POTATOES <b>DAIRY</b>	MOZZARELLA & HERB PASTA BAKE <b>DAIRY &amp; GLUTEN</b>	LEMONY RICE & POPPADOM <b>GLUTEN</b>	BAKED SWEET POTATO CHIPS
SALAD OF THE DAY	BUTTERNUT & QUINOA SALAD	APPLE, FETA & CELERY SALAD <b>DAIRY &amp; APPLE</b>	POMEGRANATE & MINT SALAD	BEETROOT RAITA SALAD <b>DAIRY</b>	ASIAN COLESLAW <b>EGG</b>
DESSERT	CHOCOLATE BROWNIE <b>GLUTEN, EGG &amp; DAIRY</b> FRESH CUT FRUIT	ICED SPONGE CAKE <b>EGG, DAIRY &amp; GLUTEN</b> FRESH CUT FRUIT	FRUIT MOUSSE <b>DAIRY</b> FRESH CUT FRUIT	BITE SIZE CUPCAKE <b>GLUTEN, EGG &amp; DAIRY</b> FRESH CUT FRUIT	ASSORTED PASTRY <b>GLUTEN, EGG &amp; DAIRY</b> FRESH CUT FRUIT
BEVERAGE	FRUIT JUICE OR FRESH MILK <b>DAIRY</b>	FRUIT JUICE OR FRESH MILK <b>DAIRY</b>	FRUIT JUICE OR FRESH MILK <b>DAIRY</b>	FRUIT JUICE OR FRESH MILK <b>DAIRY</b>	FRUIT JUICE OR FRESH MILK <b>DAIRY</b>



# WEEKLY LUNCH MENU

## 1 February - 5 February - Allergens in Red

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	INTERNATIONAL DAY	BRITAIN	THE PACIFICS	PASTA	FUN DAY
MAIN COURSE	CRISPY CHICKEN TENDERS GLUTEN, EGG & DAIRY	ENGLISH BEEF & ONION PIE GLUTEN	HAWAIIAN SHOYU CHICKEN SOY SAUCE	BEEF & MOZZARELLA LASAGNE GLUTEN & DAIRY	CHICKEN SHAWARMA GLUTEN & EGG
SIDE	SMOKEY POTATO WEDGES	CREAMY MASHED POTATOES DAIRY	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	GARLIC & MOZZARELLA BREAD GLUTEN & DAIRY
VEGETARIAN OPTION	SWEET POTATO SCHNITZELS GLUTEN, EGG & DAIRY	VEGETARIAN POT PIE GLUTEN	BBQ CORN SHOYU SOY SAUCE	GRILLED VEGETABLE LASAGNA GLUTEN & DAIRY	VEGETABLE SHAWARMA GLUTEN
SIDE	SMOKEY POTATO WEDGES	CREAMY MASHED POTATOES DAIRY	TROPICAL COCONUT RICE	ROASTED ROOT VEGGIES	GARLIC & MOZZARELLA BREAD GLUTEN & DAIRY
SALAD OF THE DAY	TOMATO, FETA & CUCUMBER SALAD DAIRY	CORONATION SALAD EGG	JAPANESE CUCUMBER & BEAN SALAD GREEN BEANS	APPLE AND FETA CELERY SALAD DAIRY	FATTOUSH SALAD GLUTEN
DESSERT	STRAWBERRY SPONGE GLUTEN, EGG & DAIRY FRESH FRUIT	CONFETTI CAKE GLUTEN, EGG & DAIRY FRUIT SALAD	RED VELVET CAKE GLUTEN, EGG & DAIRY FRESH FRUIT SALAD	CHOC CHIP CAKE GLUTEN, EGG & DAIRY FRUIT SALAD	MANGO MOUSSE EGG & DAIRY FRESH FRUIT SALAD
BEVERAGE	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY	FRUIT JUICE OR FRESH MILK DAIRY