



<u>Week One</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Option	Spanish Frittata with Roasted Mediterranean Vegetables	Meat Feast Focaccia Pizza with Red Slaw	Roast Chicken with Roast Potatoes, Parsnips, Carrots & Butternut Squash	Beef Lasagne with Peas	Beef Burger with Chips & Corn on the Cob
Vegetarian Option	Spanish Frittata with Roasted Mediterranean Vegetables	Cheese & Tomato Focaccia Pizza with Red Slaw	Falafel Steak with Roast Potatoes, Parsnips, Carrots & Butternut Squash	Ratatouille Lasagne with Peas	Moving Mountain Burger with Chips & Corn on the Cob
Gluten Free Option	Spanish Frittata with Roasted Mediterranean Vegetables	Meat Feast Focaccia Pizza with Red Slaw	Roast Chicken with Roast Potatoes, Parsnips, Carrots & Butternut Squash	Beef Lasagne with Peas	Beef Burger with Chips & Corn on the Cob
Dairy Free Option	Spanish Frittata with Roasted Mediterranean Vegetables	Meat Feast Focaccia Pizza with Red Slaw	Roast Chicken with Roast Potatoes, Parsnips, Carrots & Butternut Squash	Beef Lasagne (Soya Milk) with Peas	Beef Burger with Chips & Corn on the Cob
Dessert	Banoffee Pie	Oat & Date Cookies	Apple & Peach Crumble	Fresh Fruit Salad	Chocolate Cake



**Available
Everyday**

Salad Bar

- Iceberg Lettuce
- Oak Leaf Lettuce
- Lambs Leaf
- Rocket
- Gerkins
- Houmous
- Sun Dried Tomatoes
- Pickled Silver Skin Onions
- Coleslaw
- Sliced Peppers
- **Jacket Potatoes**
- **Wraps**
- **Baguette**
- **Sliced Bread**
- Sweetcorn
- Cucumber Sticks
- Croutons
- Black Olives
- Jalapenos
- Celery Sticks
- Cheddar Cheese Slices
- Seasoned Pasta
- Sliced Tomatoes

ALL MEALS ARE NUT FREE