

JUNIOR SCHOOL WK1

Allergens in Red: C = Celery, G= Gluten, CR= Crustaceans, E = Eggs, F = Fish, L = Lupin, M = Milk, Mo = Molluscs, MT = Mustard, P=Peanuts, TN=Tree Nuts, S=Soya, SD = Sulphites, GF=Gluten Free, GFA=Gluten Free Available, DFA=Dairy Free Available, _VGA=Vegan Option Available.

Please Check on the day if you have any Allergies as these may be subject to change.

Week 1	Monday Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish Global Kitchen	Three Bean Chilli Nachos, Sour cream, Avocado Tomato Salsa Sweet corn & Garden Peas M, DFA	Green Thai Chicken Curry Coriander Rice. Pickled Carrots Prawn Crackers MO, CR	Cumberland Sausage, Bubble and Squeak, Yorkshire Pudding, Green Beans, Onion & Thyme Gravy G, SU, E, M, GFA	Smoky Spanish Chicken and Chorizo, Herb Crushed New Potatoes, Corn on the Cob M	Fish and Chip Shop Battered Cod Fillet Chunky Chips or New Potatoes, Tartare Sauce Garden Peas G, MT, SU
Vegetarian/Vegan Option Available*	Mee- Goreng Stir-fried Egg Noodles Hoisin Tempah Vegetable Spring Rolls E,G,S	Green Thai Aubergine and Sweet Potato Curry Coriander Rice. Pickled Carrots	Vegetarian Sausage Bubble & Squeak, Yorkshire Pudding Green Beans Onion & Thyme Gravy G,E,M	Roast Root Vegetable and Puy Lentil Stew, Herb Crushed New Potatoes, Corn on the Cob	Battered Vegan Sausage Chunky Chips or New Potatoes, Tartare Sauce Garden Peas (VG) G,MT, SU
Pasta Bar	See Daily Specials	See Daily Specials	See Daily Specials	See Daily Specials	See Daily Specials
Dessert	Blackberry and Apple Crumble, Custard G, M, DFA	Banana and Sultana Cake, Chocolate Sauce G, M, E, S	Raspberry and Peach Pudding, Custard G, M, E	Carrot Cake, Cream Cheese Topping G, M, E	Ice Cream See Packaging
Cut Fruit/Jelly	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit & Jelly
Yogurt Pots	Fresh Yogurt Pots M	Fresh Yogurt Pots M	Fresh Yogurt Pots M	Fresh Yogurt Pots M	Fresh Yogurt Pots M

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish Global Kitchen	Three Bean Chilli Nachos, Sour cream, Avocado Tomato Salsa Sweet corn & Garden Peas M, DFA	Green Thai Chicken Curry, Coriander Rice. Pickled Carrots Prawn Crackers MO, CR	Cumberland Sausage Bubble & Squeak Yorkshire Pudding Green Beans Onion & Thyme Gravy G, SU, E, M, GFA	Smoky Spanish Chicken and Chorizo, Herb Crushed New Potatoes, Corn on the Cob M	<i>Fish and Chip Shop</i> Battered Cod Fillet Chunky Chips or New Potatoes, Tartare Sauce Garden Peas G, MT, SU
Vegetarian/Vegan Option Available*	Mee- Goreng Stir-fried Egg Noodles Hoisin Tempeh Vegetable Spring Rolls E,G,S	Green Thai Aubergine and Sweet Potato Curry Coriander Rice. Pickled Carrots Prawn Crackers	Vegetarian Sausage, Bubble & Squeak, Yorkshire Pudding, Green Beans, Onion & Thyme Gravy G, E, M	Roast Root Vegetable and Puy Lentil Stew, Herb Crushed New Potatoes, Corn on the Cob	Battered Vegan Sausage Chunky Chips or New Potatoes, Tartare Sauce Garden Peas (VG) G, MT, SU
Pasta Bar	See Daily Specials	See Daily Specials	See Daily Specials	See Daily Specials	See Daily Specials
Dessert and Fresh Fruit	Blackberry and Apple Crumble, Custard G, M, DFA	Banana and Sultana Cake, Chocolate Sauce G, M, E, S	Raspberry and Peach Pudding, Custard G, M, E	Carrot Cake, Cream Cheese Topping G, M, E	Ice Cream See Packaging
Street Food	Chickpea and Jack Fruit Curry, Turmeric and Lemon Rice, Cucumber and Onion Raita, Popodams M, MT	BBQ Pulled Beef Chilli, Soft Tacos, Tex-Mex Rice, Sweetcorn and Roast Pepper Salsa C, G, GFA Roast Vegetable and Seitan Soft Taco's, Tex-Mex Rice, Sweetcorn and Roast Pepper Salsa G, S	Italian Style Sub Pork & Onion, Parma Ham Ciabatta Balsamic Tomato & Rocket Salad Fries G,SU Roasted Pepper, Sun Blush Tomato Pesto Ciabatta Balsamic Tomato & Rocket Salad Fries G,SU	Teriyaki Salmon Egg Fried Rice, Stir Fried Vegetables Prawn Crackers & Sweet Chilli sauce F,E,CR,MO,S Teriyaki Tofu, Egg Fried Rice, Stir Fried Vegetables Vegetable Spring roll & Sweet Chilli sauce F,E,G, S	Moroccan Style lamb Merguez Sausages Pitta Bread Chunky Harissa Hummus, Carrot & Sultana Salad Chips G , Moroccan Spiced Vegan Sausages Pitta Bread Chunky Harissa Houmas, Carrots & Sultana Salad Chips G ,

SIXTH FORM WK1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish Global Kitchen	Three Bean Chilli Nachos, Sour cream, Avocado Tomato Salsa Sweet corn & Garden Peas M, DFA	Green Thai Chicken Curry Coriander Rice. Pickled Carrots Prawn Crackers MO, CR	Cumberland Sausage Bubble & Squeak Yorkshire Pudding Green Beans Onion & Thyme Gravy G, SU, E, M, GFA	Smoky Spanish Chicken and Chorizo, Herb Crushed New Potatoes, Corn on the Cob M	<i>Fish and Chip Shop</i> Battered Cod Fillet Chunky Chips or New Potatoes, Tartare Sauce Garden Peas
Vegetarian/Vegan Option Available*	Mee- Goreng Stir-fried Egg Noodles Hoisin Tempeh Vegetable Spring Rolls E,G,S	Green Thai Aubergine & Sweet Potato Curry Coriander Rice. Pickled Carrots Prawn Crackers	Vegetarian Sausage Bubble & Squeak, Yorkshire Pudding Green Beans Onion & Thyme Gravy G,E,M	Roast Root Vegetable and Puy Lentil Stew, Herb Crushed New Potatoes, Corn on the Cob	Battered Vegan Sausage Chunky Chips or New Potatoes, Tartare Sauce Garden Peas (VG) G, MT, SU
Dessert	Blackberry and Apple Crumble, Custard G, M, DFA	Banana and Sultana Cake, Chocolate Sauce G, M, E, S	Raspberry and Peach Pudding, Custard G, M, E	Carrot Cake, Cream Cheese Topping G, M, E	Ice Cream See Packaging
Fresh Fruit	Selection of Freshly Cut Fruit	Selection of Freshly Cut Fruit	Selection of Freshly Cut Fruit	Selection of Freshly Cut Fruit	Selection of Freshly Cut Fruit