

<b>MON</b>	LUNCH	JOLLOF RICE, SWEET CORN CHAFF AND FRIED PLANTAIN
	DESSERT	CLEMENTINE, GRAPE, PEAR AND BANANA SALAD
	TEA	TUNA, OLIVE AND PARSLEY PASTA SALAD
<b>TUES</b>	LUNCH	PUMPKIN, CHICKPEA AND CAULIFLOWER CURRY
	DESSERT	RHUBARB AND APPLE CRUMBLE
	TEA	PEA AND MINT SOUP with HOMEMADE SODA BREAD
<b>WEDS</b>	LUNCH	SALMON WITH BEETROOT, CARROT AND ORANGE
	DESSERT	AVOCADO CHOCOLATE MOUSSE
	TEA	CAULIFLOWER, MUSHROOM, CHICKEN AND KALE PASTA BAKE
<b>THURS</b>	LUNCH	MALAYSIAN FISH CURRY WITH ROTI JALA
	DESSERT	FLAPJACKS
	TEA	ROASTED ALOO GOBI SALAD with CHICKPEAS
<b>FRI</b>	LUNCH	CHICKEN TIKKA MASALA, CARROT SLAW AND RICE
	DESSERT	BAKED APPLES WITH VANILLA YOGURT
	TEA	CELERIAC AND APPLE SOUP with PUMPKIN SEEDS and HOMEMADE SODA BREAD

<b>MON</b>	LUNCH	SPAGHETTI BOLOGNESE
	DESSERT	BAKED RICE PUDDING WITH SPICED PLUMS
	TEA	WHITE BEAN AND TOMATO SOUP with HOMEMADE SODA BREAD
<b>TUES</b>	LUNCH	ROASTED VEGETABLE VINDALOO
	DESSERT	CHOCOLATE BANANA SPONGE
	TEA	WILD MUSHROOM PILAU with CHICKEN
<b>WEDS</b>	LUNCH	HOT AND SOUR CURRIED FISH PIE
	DESSERT	BANANA CUSTARD
	TEA	COCONUT LENTIL DHAL and HOMEMADE FLATBREADS
<b>THURS</b>	LUNCH	ROASTED BEGETABLE FEIJOADA OR CHICKPEA, AUBERGINE AND DATE TAGINE
	DESSERT	SPICED POACHED PEARS
	TEA	PARSNIP AND APPLE SOUP with CHICKPEAS and HOMEMADE SODA BREAD
<b>FRI</b>	LUNCH	SMOKED FISH AND PARSNIP FISHCAKES AND CHIPS
	DESSERT	SWEET POTATO SPONGE
	TEA	SPINACH PARMESAN ORZO

<b>MON</b>	LUNCH	WINTER VEGGIE STEW WITH DUMPLINGS
	DESSERT	APPLE AND PEAR CRUMBLE SALAD
	TEA	PASTA WITH CHICKPEAS AND ZA'ATAR
<b>TUES</b>	LUNCH	CHICKEN AND LEEK PIE WITH BRUSSEL SPROUTS & CARROT SLAW
	DESSERT	BLUEBERRY AND LEMON SPONGE
	TEA	EGG FRIED RICE
<b>WEDS</b>	LUNCH	FISH WITH PEPPERS, TOMATOES AND BEANS
	DESSERT	APPLE, PEAR AND ORANGE SALAD
	TEA	TURNIP SOUP AND TURNIP TOP PESTO with HOMEMADE SODA BREAD
<b>THURS</b>	LUNCH	PESTO SALMON WITH NEW POTATOES
	DESSERT	SPICED PLUMS WITH VANILLA YOGURT
	TEA	CREAMY SAUSAGE PASTA WITH CHESNUT PESTO
<b>FRI</b>	LUNCH	WINTER VEGETABLE PIZZA
	DESSERT	FRUIT COMPOTE AND CUSTARD
	TEA	SPICED LENTIL SOUP with HOMEMADE SODA BREAD

<b>MON</b>	LUNCH	LAMB, POTATO AND PEARL BARLEY STEW with WHOLEMEAL BREAD ROLLS
	DESSERT	BREAD PUDDING
	TEA	KALE PESTO PASTA WITH TUNA
<b>TUES</b>	LUNCH	SPICED MUSHROOM MOUSSAKA WITH HALOUMI BECHAMEL
	DESSERT	CRANBERRY AND ORANGE SPONGE
	TEA	VIETNAMESE CHICKEN NOODLE SOUP
<b>WEDS</b>	LUNCH	FISH & LENTIL CURRY WITH INDIAN CABBAGE & CARROT SLAW
	DESSERT	CLEMENTINE, GRAPE, PEAR AND BANANA FRUIT SALAD
	TEA	BULGAR WITH BUTTERBEANS, MUSHROOMS AND FETA
<b>THURS</b>	LUNCH	VEGETARIAN LASAGNA
	DESSERT	RHUBARB AND APPLE CRUMBLE
	TEA	LEEK AND POTATO SOUP with HOMEMADE SODA BREAD
<b>FRI</b>	LUNCH	FISH PIE WITH CARROT AND PARSNIP MASH
	DESSERT	CARROT CAKE
	TEA	BUTTERNUT SQUASH PASTA WITH BUTTERBEANS

EVERYDAY	<b>BREAKFAST</b>	HOME-MADE MUESLI, PORRIDGE, WEETABIX, HOME-MADE BREAD, FRESH FRUIT
	<b>SNACK</b>	RAW VEGETABLES, FRUIT, OAT CAKES, CORN CRACKERS
	<b>AFTER-TEA DESSERT</b>	FRESH FRUIT OR FRUIT COMPOTE, YOGURT

We always ensure that each child’s dietary requirements are catered for. For this reason, we remove or replace allergenic ingredients dangerous to a particular child from our recipes to minimize the risks for those children. Nevertheless, in line with the Food Information Regulations (Dec 2014), we have noted all common allergens in our recipes, which can be cross referenced with the Food Standards Agency allergens list.  
***ALL DESSERTS ARE FREE FROM REFINED AND FREE SUGARS.***

**ALLERGENS**

GLUTEN

MUSTARD

MILK

CELERY

EGGS

TREE NUTS

FISH

PEANUTS

CRUSTACEANS

SESAME

MOLLUSCS

SULPHUR DIOXIDE

SOYBEANS

LUPIN

