

Lunch Menu - Week 3

Gluten incl Wheat - Crustaceans - Soya - Mustard - Sesame Seeds - Lupin - Sulphides - Milk - Fish - Eggs - Peanuts - Molluscs - Nuts - Celery

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegetarian Cottage Pie	Creamy Chicken and Leek Pie with Golden Pastry	Traditional Homemade Lasagne	Cumberland Sausages with Homemade Onion Gravy	Jumbo Fish Fingers Wrap
	<i>gluten/celery</i>	<i>gluten/milk/celery</i>	<i>gluten/milk/celery</i>	<i>gluten/celery</i>	<i>fish/gluten/milk</i>
Vegetarian	Savoury Cheese and Spinach Omelettes	Mushroom Stroganoff	Avocado and Roasted Chickpea with Lemon Rocket Oil	Roasted Vegetable and Halloumi Flat Breads	Vegetable and Bean Burritos
	<i>egg/milk</i>	<i>celery/milk</i>		<i>gluten/milk</i>	<i>Milk/gluten/celery</i>
Sides	Baton Carrots and Garden Peas	Herbed Broccoli and Sweetcorn	Roasted Butternut Squash and Seasoned Peas	Buttered Savoy Cabbage and Baton Carrots	Baked Beans and Crudites
Starch	Sauté Potatoes	Crispy Roast Potatoes	Garlic Bread	Baby Crushed Potatoes	French Fries
	<i>gluten</i>		<i>gluten</i>	<i>gluten</i>	
Dessert	Homemade Lemon and Blueberry Sponge	Traditional Apple Crumble with Vanilla Custard	Chocolate Tiffin	Homemade Fresh Strawberry Mousse	Iced Sponge with Sprinkles
	<i>eggs</i>	<i>milk</i>	<i>gluten/milk/soya</i>	<i>milk</i>	<i>egg</i>

Chef Manager - Jane Beech
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