

| Week One |                                      |                     |  |                               |                       |
|----------|--------------------------------------|---------------------|--|-------------------------------|-----------------------|
|          | Monday                               | Tuesday             | Wednesday                              | Thursday                      | Friday                |
| Option 1 | Cauliflower Cheese & Kale Pasta Bake | Chicken Katsu Curry | Build your own Sushi: Teriyaki chicken | Homemade Sausage Rolls        | Pepperoni Pizza       |
| Option 2 | Pesto Pasta                          | Tofu Katsu Curry    | Tuna                                   | Homemade Veggie Sausage Rolls | Cheese Pizza          |
| Option 3 |                                      |                     | Vegetable Crudites Platter             |                               | Veg Pizza             |
| Sides    | Garlic Bread Peas                    | Noodles Salad       | Sushi Rice Dipping Sauce               | New Potato Salad Coleslaw     | Chips Beans Sweetcorn |
| Dessert  | Fruit Salad                          | Jelly               | Kate's Surprise                        | Yogurt                        | Fruit Salad           |

Our kitchen has ingredients that do contain allergens and due to the possible risk of cross contamination we can never 100% guarantee that our food is allergen free.

Gluten free pasta and wraps available on request.

If your child has any allergies or dietary requirements that we do not know about, please ask for an allergy/diet form from the school office.

If your child's allergies have changed, could you please keep us updated.

| Week Two |                                   |                                    |                                      |                       |                           |
|----------|-----------------------------------|------------------------------------|--------------------------------------|-----------------------|---------------------------|
|          | Monday                            | Tuesday                            | Wednesday                            | Thursday              | Friday                    |
| Option 1 | Paneer & Vegetable Curry          | Chorizo, Pepper & Tomato Spaghetti | Chicken                              | Lamb Kofta            | Fish                      |
| Option 2 | Coconut Dahl                      | Tomato & Basil Spaghetti           | Haloumi                              | Falafels              | Quorn Nuggets             |
| Option 3 |                                   |                                    | Chickpea & Tomato Stew               |                       |                           |
| Sides    | Rice<br>Naan bread<br>Mint Yogurt | Garlic Bread<br>Peas               | Roast Mediterranean Veg<br>Cous Cous | Humous Salad<br>Wraps | Chips<br>Salad<br>Ketchup |
| Dessert  | Fruit Salad                       | Jelly                              | Kate's Surprise                      | Yogurt                | Fruit Salad               |

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(V) = vegetarian

(Vg) = Vegan

(GF) = Gluten free and allergen free ingredients available

Jacket potatoes available daily with cheese or baked beans.

Fresh fruit available daily.