

W/C 02/09 W/C 23/09 W/C 14/10 FBS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>					
<b>Protein</b>	Lamb Kofte with Moroccan Tomato Sauce, Tzatziki (G, D) ---	Turkish Style Chicken Shish ---	Smoked Pepperoni, Cream, Tomato, Mozzarella & Basil (D, G) ---	Stir Fried Turkey & Vegetables with black bean sauce (S, C) ---	Breaded Pollack Fillets (G,E,D) --
<b>Vegetables</b>	Carrots & Sweetcorn Salad Bar Selection ----	Mixed Salad Salad Bar Selection ----	Mixed Salad Salad Bar Selection ----	Stir Fried Chinese style vegetables (S, C) Salad Bar Selection ----	Peas & Sweetcorn Salad Bar Selection --
<b>Carbohydrate</b>	Spiced Cous Cous	Tomato Rice Mini Pitta	Pasta(G)	Noodles with Beansprouts (S, G)	Chips
<b>VEGETARIAN OPTION</b>					
<b>Protein</b>	Braised Mediterranean vegetables with Moroccan Tomato Sauce (G, D) ---	Shish Marinated Tofu and Roasted Vegetables ---	Mediterranean Vegetables with Mozzarella, Tomato & Basil (D,GF) ---	Tofu stir fried with summer vegetables (S) ---	Risotto & Vegetable Cakes (G,E,D) --
<b>Vegetables</b>	Mixed Salad Salad Bar Selection ----	Mixed Salad ----- Tomato Rice Mini Pitta	Carrot, Cucumber & Tomato ---- Pasta(G)	Stir Fried Chinese Vegetables ----- Noodles with Beansprouts (S, G)	Peas & Sweetcorn -- Chips
<b>Carbohydrate</b>	Spiced Cous Cous	Tomato Rice Mini Pitta	Pasta(G)	Noodles with Beansprouts (S, G)	Chips
<b>ALLERGEN/INTOLERANCE OPTION/ALTERNATIVE LUNCH</b>					
	Pasta with Tomato, Basil & Cheese Pork, Gluten & Dairy Free Sausages Gluten Free Rolls	Soup of the day with bread and butter Gluten Free Roll Dairy Free Coleslaw	Jacket Potato with Tuna Mayo & Cheese Gluten Free Pasta	Pasta with Tomato, Basil & Cheese Egg fried rice	Soup of the day with bread and butter Gluten, Egg & Dairy Free Fish Fingers
<b>DESSERT</b>					
	Burnt Orange Drizzle Cake Fruit Yoghurt (G, D, E)	Fruit Yoghurt Mixed Fresh Fruit	Chocolate Rice Crispy Cake Mixed Fresh Fruit	Mixed Fruit Salad With Fruit Yoghurt (D)	Fruit Jelly with Vanilla Ice cream (G, E, D) Mixed Fresh Fruit

