

<b>Allergy Key:</b>						
Fish	F	Corn	C	Soya	S	<b>No Sesame Seeds, Nuts or Peanuts are used in production of our food</b>
Lupin	L	Gluten:	G	Mustard	M	
Crustacean/Mollusc	CM	Dairy:	D	Celery	Cel	
Eggs:	E	Pork:	P	Sulphites	Sul	

<b>FBS WEEK 1</b> W/C 03-01 24-01	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN MEAL</b>					
<b>MAIN</b>	Roasted Cumberland Sausages with Onion Gravy <b>(G, P)</b> ---	Free Range Chicken Tagine with Ginger, Garlic & Tomato Sauce, Spiced Mint Yoghurt <b>(D)</b> ---	Pepperoni Pasta Bake with mozzarella, tomato & herbs <b>(D, G)</b> ---	Shepherd's Pie <b>(D)</b> ---	Katsu Curry Fried Cod Fillets <b>(G, F)</b> --
<b>VEGETARIAN</b>	Quorn Sausages with Onion Gravy <b>(G, E)</b> ----	Roasted Vegetable Tagine with Harissa & Herbs <b>(G, D)</b> ----	Pasta Bake with roasted Mediterranean vegetables, tomato & mozzarella <b>(D, G)</b> ----	Lentil, Spinach & Mushroom Pie ----	Katsu Vegetable Croquettes <b>(G)</b> --
<b>ALTERNATIVE LUNCH</b>	Soup of the day	Pasta with tomato, herbs & cheese <b>(G, D)</b>	Jacket Potato with baked beans & cheese	Pasta with tomato, herbs & cheese	Soup of the day
<b>SIDES</b>					
<b>CARBOHYDRATE</b>	Garlic & Herb Crushed New Potatoes ---	Spiced Rice ---	Pasta <b>(G)</b> ---	Crushed New Potatoes ---	Chips --
<b>VEGETABLES</b>	Carrots, Broccoli & Savoy Cabbage --- Salad Bar Selection	Seasonal Vegetables --- Salad Bar Selection	Mixed Salad --- Salad Bar Selection	Seasonal Vegetables --- Salad Bar Selection	Crushed minted peas Sweetcorn --- Salad Bar Selection
<b>DESSERT</b>					
	Fruit Yoghurt <b>(D)</b>	Cornflake & Chocolate Cake <b>(D)</b>	Fruit Yoghurt <b>(D)</b>	Butterscotch Delight <b>(D)</b>	Chocolate Cake <b>(D, E, G)</b>
<b>Sports Afternoon Lunch</b>					
	Chicken Fajita Wrap with Onions & Peppers Nature Valley Bar Fresh Fruit	Chicken Fajita Wrap with Onions & Peppers Nature Valley Bar Fresh Fruit	Chicken Fajita Wrap with Onions & Peppers Chicken Drumstick Nature Valley Bar Fresh Fruit	Chicken Fajita Wrap with Onions & Peppers Chicken Drumstick Nature Valley Bar Fresh Fruit	