



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

FBS WEEK 1 W/C 18-04 09-05 06-06 27-06	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL					
MAIN	Smoked British Beef Hotdogs ---	Roasted Chicken Legs with homemade Jerk marinade ---	Traditional Lasagne with homemade Bolognese ragout, bechamel and mozzarella (D, G) ---	Sweet Chilli Chicken, Eggs, Peas & Sweetcorn (G, S, E, C) ---	Breaded Sustainably Sourced Cod Fillets (G) ---
VEGETARIAN	Plant Based Vegan Hotdogs ----	Homemade Spicy Corn fritters & fried plantain ----	Pasta Bake with roasted Mediterranean vegetables, tomato & mozzarella (D, G) ----	Tofu, Black Beans, Ginger, Spring Onion, Peas & Sweetcorn (G, S, E, C) ----	Risotto & Vegetable Cakes (G,E) ---
ALTERNATIVE LUNCH	Soup of the day	Pasta with tomato, herbs & cheese	Jacket Potato with baked beans & cheese	Pasta with tomato, herbs & cheese	Soup of the day
SIDES					
CARBOHYDRATE	Hot Dog Rolls (G) Roasted Spiced Potato Wedges ---	Steamed rice & beans ---	Pasta (G) ---	Noodles ---	Chips ---
VEGETABLES	Coleslaw & Buttered Sweetcorn ---	Seasonal Vegetables ---	Mixed Salad ---	Stir Fried Summer Vegetables ---	Crushed minted peas & baked beans ---
	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
DESSERT					
	Fruit Yoghurt (D)	Cornflake & Chocolate Cake (D)	Fruit Yoghurt (D)	Butterscotch Delight (D)	Chocolate Cake (D, E, G)
Sports Afternoon Lunch					
	Jamaican Patties Nature Valley Bar Fresh Fruit Water	Jamaican Patties Nature Valley Bar Fresh Fruit Water	Jamaican Patties Nature Valley Bar Fresh Fruit	Jamaican Patties Nature Valley Bar Fresh Fruit	