

W/C 09/09 W/C 30/09 FBS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
Protein	Achar Gosht chicken curry ---	Chicken Kiev with garlic butter (G, D, E) ---	Beef burgers with Cheese (G, D) ---	Free Range Pork Sausages (G, D, E, P) ---	Stonebaked Pizza with Tomato, Mozzarella, Pepperoni or Tuna & Sweetcorn (G, D, F, P, C) --
Vegetables	Steamed Vegetables Salad Bar Selection ---	Steamed Peas & Carrots Salad Bar Selection ----	Carrot, cucumber, beetroot & tomato salad Salad Bar Selection ----	Homemade BBQ beans, carrots & mint pea puree` Salad Bar Selection ---	Salad with lettuce, cucumber & tomato Salad Bar Selection
Carbohydrate	Basmati Rice Poppadoms	Crushed new potatoes with garlic & herbs (G, D)	Bread Roll Roast potato wedges	Roast new potatoes (GF)	
VEGETARIAN OPTION					
Protein	Chana Masala Curry ---	Vegetable Schnitzel (G,D) ---	Homemade Falafel ---	Vegetarian Sausages (G, D, E) ---	Stonebaked Pizza with Tomato, Mozzarella & Basil (G, D) --
Vegetables	Steamed Vegetables ---	Steamed Peas & Sweetcorn ----	Carrot, cucumber, beetroot & tomato salad ---	Homemade BBQ beans, carrots & crushed minted peas ---	Salad with lettuce, cucumber & tomato -- Pizza (G)
Carbohydrate	Basmati Rice Poppadoms	Pasta with Butter & Parmesan	Bread Roll Roast potato wedges	Roasted Potatoes	
ALLERGEN/INTOLERANCE OPTION/ALTERNATIVE LUNCH					
	Jacket potato with baked beans & cheese Dairy Free Curry	Pasta with Tomato, Basil & Cheese Gluten Free Pasta Grilled Chicken Escalope	Soup of the day with bread and butter Gluten Free Roll	Jacket potato with tuna & cheese Gluten & Dairy Free Sausages Beef Sausages	Pasta with tomato, basil & cheese Gluten & Dairy Free Pizza with Tomato & Basil Sauce
DESSERT					
	Upside down pineapple & cinnamon cake (E, D, G) Fruit yoghurt	Fruit Yoghurt (D) Mixed Fresh Fruit	Homemade Flapjack (D, G) Fresh Fruit	Chocolate Delight Fresh Fruit	Open Victoria Sponge with Vanilla Cream (G, E, D) Fresh Fruit

