

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 2 W/C 10-01 31-01	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
MAIN	Pasta with a Bolognese Ragout (G)	Fresh English Beef Burgers with Cheddar	Traditional Roast of the Day with Yorkshire Pudding and Gravy (G, E)	Norfolk Chicken Achar Gosht Curry	Stonebaked Pizza with Pepperoni (G, D)
VEGETARIAN	---	---	---	---	BBQ Chicken Pizza (G, D)
ALTERNATIVE LUNCH	Pasta with a Homemade Cheese & Pesto Sauce (G)	Homemade Falafel	Vegetarian Toad in the Hole (G, D, E)	Spinach, Aubergine & Red Lentil Curry	---
	---	Pasta with tomato, herbs & cheese	---	---	Pizza Margherita (G, D)
	Soup of the day		Jacket Potato with Chilli	Soup of the day	Pizza with Mushrooms & Peppers (G, D)

					Pasta with tomato, herbs & cheese (G, D)
VEGETARIAN OPTION					
CARBOHYDRATE	Pasta (G)	Bread Roll (G)	Roast Potatoes	Pilau Rice	Pizza Base (G)
VEGETABLES	---	Potato Wedges	---	Poppadoms	---
	Warm Broccoli, Tomato, Green Bean & Red Onion Salad	Mixed Salad	Roast Carrots & Cauliflower	Seasonal Veg	Crunchy Lettuce with Tomatoes & Ranch Dressing (D, E)
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	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Pizza (G)
DESSERT					
	Fruit Yoghurt (D)	Homemade Flapjack (D)	Fruit Yoghurt (D)	Chocolate Delight (D)	Lemon Cake (D, E, G)
Sports Afternoon Lunch					
	Jamaican Patty (G) Nature Valley Bar Fresh Fruit	Jamaican Patty (G) Nature Valley Bar Fresh Fruit	Jamaican Patty (G) Chicken Goujons (G) Nature Valley Bar Fresh Fruit	Jamaican Patty (G) Chicken Goujons (G) Nature Valley Bar Fresh Fruit	