

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 25-04 16-05 13-06 04-07	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
MAIN	Chicken & Mushroom Pasta Bake with mozzarella, bechamel & herbs	Free Range Chicken Thai Green Curry (F)	Homemade BBQ Pulled Pork Nachos	Roasted Chicken Leg with Garlic Thyme & Rosemary	Stonebaked Pizza with Pepperoni (G, D)
VEGETARIAN	(D, G)	---	---	---	BBQ Chicken Pizza (G, D)
ALTERNATIVE LUNCH	Pasta Bake with roasted Mediterranean vegetables, tomato & mozzarella (D, G)	Yellow Curry with Roasted Vegetables	BBQ Quorn Meatball Nachos	Warm Lentils with Roasted Butternut, Beetroot & Crumbled Feta (D)	Pizza Margherita (G, D)
		Pasta with tomato, herbs & cheese (G, D)	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)	Coconut Rice	Spicy Rice	Rosemary Roast Potatoes	Pizza Base (G)
VEGETABLES	Warm Broccoli, Tomato, Green Bean & Red Onion Salad	Mixed Salad	Roasted Carrots & Cauliflower	Seasonal Veg	Crunchy Lettuce with Tomatoes & Ranch Dressing (D, E)
	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					
	Chicken Burgers Nature Valley Bar Fresh Fruit	Chicken Burgers Nature Valley Bar Fresh Fruit	Chicken Burgers Nature Valley Bar Fresh Fruit	Chicken Burgers Nature Valley Bar Fresh Fruit	