

W/C 16/09 W/C 07/10 FBS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
Protein Vegetables Carbohydrate	Pasta Carbonara with smoked bacon in a creamy pesto sauce & cheese (G, D, P) --- Mixed seasonal salad Salad Bar Selection --- Pasta (G)	Traditional Cornish Pasties with beef, onions & potato or Handmade Sausage Rolls with Gravy (G, D, P) --- Carrots, sweetcorn & baked beans Salad Bar Selection --- Roast new potatoes with herbs	Homemade chilli con carne Cheese (D) --- Mixed Salad Salad Bar Selection --- Tortilla Mexican spiced rice	Homemade BBQ pulled Pork --- Mixed salad Salad Bar Selection --- Spiced Rice Nachos	Chicken Goujons (G,E,D) -- Mixed Seasonal Vegetables Salad Bar Selection -- French Fries
VEGETARIAN OPTION					
Protein Vegetables Carbohydrate	Pasta Puttanesca with tomato, olives, capers & basil --- Mixed Seasonal Salad Salad Bar Selection --- Pasta (G)	Cheese & onion Pasties (G, D, P) --- Carrots, sweetcorn & baked beans Salad Bar Selection --- Roast new potatoes with herbs	Tofu & mixed bean chilli Cheese (S, D) --- Mixed Salad Salad Bar Selection --- Tortilla Mexican spiced rice	Homemade BBQ Beans & Vegi Sausage (GF) ---- Mixed salad Salad Bar Selection --- Spiced Rice Nachos	Quorn nuggets -- Mixed Seasonal Vegetables Salad Bar Selection -- French Fries
ALLERGEN/INTOLERANCE OPTION					
	Jacket potato with chilli & cheese Gluten free pasta	Soup of the day with bread & butter Gluten & Dairy Sausages Beef Sausages	Pasta with tomato, basil & cheese	Jacket potato with baked beans & cheese Gluten free bread roll	Soup of the day with bread & butter Gluten free goujons
DESSERT					
	Sprinkle cake with icing (G, D, E) Mixed Fresh Fruit	Fruit Yoghurt Mixed Fresh Fruit	Fruit Jelly Fresh Fruit	Strawberry delight Fresh Fruit	Chocolate Cake with Vanilla Cream (G, E, D) Mixed Fresh Fruit

