

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	
Pork	P	Sulphites	Sul			

FBS WEEK 3 W/C 17-01 07-02	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
MAIN	Chilli Con Carne Tuna Mayonnaise ---	Norfolk Free Range Chicken with Chorizo, Peppers & Tomato Sauce ----	Traditional Beef & Onion Pie or Handmade Pork Sausage Rolls (G, D, P) ---	Traditional Lasagne with Bolognese, Bechamel Tomato & Mozzarella (G, D, E) ---	Southern Fried Chicken Goujons (G) --
VEGETARIAN	Baked Beans Cheese ----	Warm Lentils with Roasted Butternut, Beetroot & Crumbled Feta (D) ---	Vegetable Pies (G) ----	Roasted Vegetable Lasagne (G) ---	Vegetarian Goujons --
ALTERNATIVE LUNCH	Pasta with tomato, herbs & cheese (G, D)	Soup of the day	Jacket Potato with Chilli	Soup of the day	Jacket Potato with Tuna Mayo
VEGETARIAN OPTION					
CARBOHYDRATE	Jacket Potatoes ---	Steamed Rice ---	Crushed New Potatoes with garlic butter (D) ---	Pasta (G) ----	French Fries --
VEGETABLES	Mixed Salad ---- Salad Bar Selection	Broccoli, Beetroot & Carrots ---- Salad Bar Selection	Roasted Root Vegetables ---- Salad Bar Selection	Green Beans & Spring Cabbage --- Salad Bar Selection	Asian style Slaw Salad with Sweet Chilli Dressing --- Salad Bar Selection
DESSERT					
	Fruit Yoghurt (D)	Homemade Cookie (D)	Chocolate Delight (D)	Strawberry Delight (D)	Blueberry Muffin Cake (D, E, G)
Sports Afternoon Lunch					
	BBQ Chicken Pizza Baguette Nature Valley Bar Fresh Fruit	BBQ Chicken Pizza Baguette Nature Valley Bar Fresh Fruit	BBQ Chicken Pizza Baguette Lamb Samosa Nature Valley Bar Fresh Fruit	BBQ Chicken Pizza Baguette Lamb Samosa Nature Valley Bar Fresh Fruit	