

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 02-05 20-05 20-06 11-07	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
MAIN	Chilli Con Carne Tuna Mayonnaise	Homemade Piri Piri Chicken Burgers with Cheddar	Steak Slice (G, E) Sausage Rolls (G)	Pasta with Free Range Chicken, Basil & Parmesan Pesto or Spicy Chicken, Tomato & Basil Arrabiata (G, D)	Southern Fried Chicken Goujons (G)
VEGETARIAN	--- Baked Beans Cheese	--- Homemade Falafel	--- Vegetable Patties (G, D, E)	--- Warm Summer Pasta Salad with Artichokes & Aubergine and a sundried tomato dressing (G)	--- Vegetarian Goujons
ALTERNATIVE LUNCH	--- Pasta with tomato, herbs & cheese (G, D)	--- Soup of the day	--- Pasta with tomato, herbs & cheese (G, D)		--- Jacket Potato with Tuna Mayo
VEGETARIAN OPTION					
CARBOHYDRATE	Jacket Potatoes	Bread Roll (G) Potato Wedges	Roast Potatoes with garlic & herbs	Pasta (G)	French Fries
VEGETABLES	--- Broccoli, Green Beans & Tomatoes	--- Mixed Salad	--- Baked Beans & Minted Peas	--- Summer Vegetable Salad	--- Asian style Slaw Salad with Sweet Chilli Dressing
	--- Salad Bar Selection	--- Salad Bar Selection	--- Salad Bar Selection	--- Salad Bar Selection	--- Salad Bar Selection
DESSERT					
	Fruit Yoghurt (D)	Homemade Cookie (D)	Fruit Yoghurt (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 Nature Valley Bar Fresh Fruit	BBQ Chicken Pizza Baguette Nature Valley Bar Fresh Fruit	