



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 1 W/C 19-04 10-05 07-06 28-06	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL					
MAIN	Smoked British Beef Hotdogs ---	Norfolk Free Range Chicken Drumsticks with homemade Jerk marinade ---	Pepperoni Pasta Bake with mozzarella, tomato & herbs (D, G) ---	Sweet Chilli Chicken, Eggs, Peas & Sweetcorn (G, S, E, C) ---	Breaded Sustainably Sourced Cod Fillets (G) ---
VEGETARIAN	Plant Based Vegan Hotdogs ----	Homemade Spicy Corn fritters & fried plantain ----	Pasta Bake with roasted Mediterranean vegetables, tomato & mozzarella (D, G) ----	Tofu, Black Beans, Ginger, Spring Onion, Peas & Sweetcorn (G, S, E, C) ----	Risotto & Vegetable Cakes (G,E) ---
ALTERNATIVE LUNCH	Soup of the day	Pasta with tomato, herbs & cheese	Jacket Potato with baked beans & cheese	Pasta with tomato, herbs & cheese	Soup of the day
SIDES					
CARBOHYDRATE	Hot Dog Rolls (G) Roasted Spiced Potato Wedges ---	Steamed rice & beans ---	Pasta (G) ---	Noodles ---	Chips ---
VEGETABLES	Coleslaw & Buttered Sweetcorn ---	Seasonal Vegetables ---	Mixed Salad ---	Stir Fried Summer Vegetables ---	Crushed minted peas & baked beans ---
	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
DESSERT					
	Fruit Yoghurt (D)	Cornflake & Chocolate Cake (D)	Fruit Yoghurt (D)	Butterscotch Delight (D)	Chocolate Cake (D, E, G)
Sports Afternoon Lunch					
	Chicken Fajita Wrap with Onions & Peppers Nature Valley Bar Fresh Fruit Water	Chicken Fajita Wrap with Onions & Peppers Nature Valley Bar Fresh Fruit Water	Chicken Fajita Wrap with Onions & Peppers Nature Valley Bar Fresh Fruit Lucozade Sport	Chicken Fajita Wrap with Onions & Peppers Nature Valley Bar Fresh Fruit Lucozade Sport	