

**Allergy Key:**

Fish	F	Corn	C	Soya	S	<b>No Sesame Seeds, Nuts or Peanuts are used in production of our food</b>
Lupin	L	Gluten:	G	Mustard	M	
Crustacean/Mollusc	CM	Dairy:	D	Celery	Cel	
Eggs:	E	Pork:	P	Sulphites	Sul	

<b>FBS WEEK 2</b> W/C 26-04 17-05 14-06 05-07	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN COURSE</b>					
<b>MAIN</b>	Pasta with a Bolognese Ragout (G)	Fresh English Beef Burgers with Cheddar	Beef & Onion Pies (G, E) Sausage Rolls (G)	Free Range Norfolk Chicken Korma (D)	Stonebaked Pizza with Pepperoni (G, D) BBQ Chicken Pizza (G, D)
<b>VEGETARIAN</b>	---	---	---	---	---
	Pasta with a Homemade Cheese & Pesto Sauce (G)	Homemade Falafel	Leek & Potato Pie (G, D, E)	Chana Masala with Aubergines & Tomatoes	Pizza Margherita (G, D)
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<b>ALTERNATIVE LUNCH</b>	Soup of the day	Pasta with tomato, herbs & cheese	Jacket Potato with Chilli	Soup of the day	Pasta with tomato, herbs & cheese (G, D)
<b>VEGETARIAN OPTION</b>					
<b>CARBOHYDRATE</b>	Pasta (G)	Bread Roll (G)	Crushed New Potatoes with garlic butter (D)	Pilau Rice	Pizza Base (G)
	---	Potato Wedges	---	Poppadoms	---
	Warm Broccoli, Tomato, Green Bean & Red Onion Salad	Mixed Salad	Roasted Carrots & Celeriac	Seasonal Veg	Crunchy Lettuce with Tomatoes & Ranch Dressing (D, E)
<b>VEGETABLES</b>	---	---	Salad Bar Selection	---	---
	Salad Bar Selection	Salad Bar Selection		Salad Bar Selection	Pizza (G)
<b>DESSERT</b>					
	Fruit Yoghurt (D)	Homemade Flapjack (D)	Fruit Yoghurt (D)	Chocolate Delight (D)	Lemon Cake (D, E, G)
<b>Sports Afternoon Lunch</b>					
	Sweet Chilli Chicken Wrap with Soya Veggies Nature Valley Bar Fresh Fruit Water	Sweet Chilli Chicken Wrap with Soya Veggies Nature Valley Bar Fresh Fruit Water	Sweet Chilli Chicken Wrap with Soya Veggies Nature Valley Bar Fresh Fruit Lucozade Sport	Sweet Chilli Chicken Wrap with Soya Veggies Nature Valley Bar Fresh Fruit Lucozade Sport	