

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 03-05 24-05 21-06	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
MAIN	Chilli Con Carne Tuna Mayonnaise	Norfolk Free Range Chicken with Chorizo, Peppers & Tomato Sauce	Homemade BBQ Pulled Pork Nachos with Cheese	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)	--- BBQ Quorn Meatball Nachos with Cheese	--- 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)	--- Soup of the day	--- Jacket Potato with Tuna Mayo
VEGETARIAN OPTION					
CARBOHYDRATE	Jacket Potatoes	Roast New Potatoes with Garlic & Lemon	Rice with Tomato, Oregano & Spices Tortilla Chips	Pasta (G)	French Fries
VEGETABLES	--- Mixed Salad	--- Broccoli, Beetroot & Carrots	--- Lettuce, Tomato & Cucumber	--- Green Beans & Spring Cabbage	--- 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					
	Chicken Burrito with Spicy Rice & Cheese Nature Valley Bar Fresh Fruit Water	Chicken Burrito with Spicy Rice & Cheese Nature Valley Bar Fresh Fruit Water	Chicken Burrito with Spicy Rice & Cheese Nature Valley Bar Fresh Fruit Lucozade Sport	Chicken Burrito with Spicy Rice & Cheese Nature Valley Bar Fresh Fruit Lucozade Sport	