



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 02-01 23-01	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL					
MAIN	Pasta with creamy ham & mushroom 'carbonara' (D,G)	Homemade Spanish chicken with tomatoes, peppers & garlic	Cumberland sausages with onion & rosemary gravy (G)	Classic Shepherd's pie	Breaded Sustainably Sourced Cod Fillet with Katsu Curry Sauce (G)
VEGETARIAN	Pasta Bake with roasted Mediterranean vegetables, tomato & mozzarella (D, G)	Smokey Spanish bean & vegetable stew	Plant based bangers with onion & rosemary gravy	Shepherdess pie	Risotto & Vegetable Cakes (G,E)
ALTERNATIVE LUNCH	Soup of the day	Jacket Potato with baked beans & cheese	Soup of the day	Pasta with tomato, herbs & cheese	Soup of the day
SIDES					
CARBOHYDRATE	Pasta (G)	Steamed rice	Roasted new potatoes with garlic & herbs	Mashed potatoes	Chips
VEGETABLES	Mixed Salad	Seasonal vegetables	Roasted carrots & parsnips	Roasted carrots & parsnips	Crushed minted peas & baked beans
	Salad Bar Selection	Salad Bar Selection	Salad Bar	Salad Bar Selection	Salad Bar Selection
DESSERT					
	Fruit Yoghurt (D)	Cake of the day (D, E, G)	Fruit Yoghurt (D)	Chocolate Cake (D, E, G)	Butterscotch Delight (D)