

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 2 W/C 09-01 30-01	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
MAIN	Pepperoni pasta bake with tomatoes, mozzarella, bechamel & herbs (D, G)	Free Range creamy chicken Stroganoff with smoked paprika, peppers & mushrooms (D) (D, G)	Homemade sweet and sour Chinese roast pork with peppers & pineapple (S)	Homemade Piri Piri Roasted Chicken Leg ----	Stonebaked Pizza with Pepperoni (G, D) BBQ Chicken Pizza (G, D)
VEGETARIAN	---	---	---	Spicy Roasted Butternut, Sweetcorn & Potato Cakes	-- Pizza Margherita (G, D)
ALTERNATIVE LUNCH	Pasta with creamy spinach and nut free pesto (D, G)	White bean & spinach cassoulet with thyme & garlic	Homemade sweet and sour tofu with peppers & pineapple (S)	---	Pizza with Mushrooms & Peppers (G, D)
	Soup of the day	Pasta with tomato, herbs & cheese (G, D)	Jacket Potato with Chilli	Soup of the day	-- Pasta with tomato, herbs & cheese (G, D)
VEGETARIAN OPTION					
CARBOHYDRATE	Pasta (G)	Steamed Potatoes	Noodles with beansprouts & soya sauce	Spicy Rice	Pizza Base (G)
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VEGETABLES	Mixed Salad	Seasonal Vegetables	Stir fried vegetables	Seasonal Veg	Crunchy Lettuce with Tomatoes & Ranch Dressing (D, E)
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	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Pizza (G)
DESSERT					
	Fruit Yoghurt (D)	Cake of the day (D, E, G)	Fruit Yoghurt (D)	Chocolate Cake (D, E, G)	Butterscotch Delight (D)