

<b>Allergy Key:</b>						
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	
Pork	P	Sulphites	Sul			

<b>FBS WEEK 3</b> W/C 16-01 06-02	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN COURSE</b>					
<b>MAIN</b>	Homemade traditional chicken biriyani	Greek style pork with tomato, garlic & oregano	Jamaican Patties (G) Sausage Rolls (G)	Traditional beef lasagne with tomato, mozzarella & bechamel (G, D)	Southern Fried Chicken Goujons (G)
<b>VEGETARIAN</b>	--- Spinach & tomato biriyani	--- Mixed beans with Quorn mince, braised with Tomatoes, garlic & herbs	--- Vegetable Patties (G, D, E)	--- Roasted vegetable lasagne with tomato, mozzarella & bechamel (G, D)	--- Vegetarian Goujons
<b>ALTERNATIVE LUNCH</b>	--- 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
<b>VEGETARIAN OPTION</b>					
<b>CARBOHYDRATE</b>	Basmati rice	Pasta (G)	Roast Potatoes with garlic & herbs	Pasta (G)	French Fries
<b>VEGETABLES</b>	--- Chopped salad with tomato & cucumber	--- Broccoli, Green Beans & Tomato	--- Baked Beans & Minted Peas	--- Seasonal Vegetables	--- Asian style Slaw Salad with Sweet Chilli Dressing
	--- Salad Bar Selection	--- Salad Bar Selection	--- Salad Bar Selection	--- Salad Bar Selection	--- Salad Bar Selection
<b>DESSERT</b>					
	Fruit Yoghurt (D)	Homemade Cookie (D)	Fruit Yoghurt (D)	Blueberry Muffin Cake (D, E, G)	Chocolate delight (D)