

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 08-01 29-01	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL					
MAIN	Cumberland sausages with onion & rosemary gravy (G) ---	Homemade chicken, pepper & green bean paella ---	Traditional Lasagne with homemade Bolognese ragout, bechamel and mozzarella (D, G) ---	Homemade pork in black beans with noodles and vegetables (G, S) ---	Breaded Sustainably Sourced Cod Fillet with Katsu Curry Sauce (F, G) --
VEGETARIAN	Plant Based Vegan Sausages with onion & herb gravy (S, G) ----	Homemade aubergine, pepper & green bean paella ----	Pasta Bake with roasted pepper & lentil ragout, tomato & mozzarella (D, G) ----	Tofu with black beans, ginger & garlic with noodles and vegetables (G, S) ---	Cauliflower cheese cakes (G,E) --
ALTERNATIVE LUNCH	Pasta with tomato, herbs & cheese (D, G)	Jacket Potato with baked beans & cheese	Soup of the day	Pasta with tomato, herbs & cheese	Soup of the day
ALLERGEN/INTOLERANCE OPTION	Pork, Gluten & Dairy Free Sausages		Gluten Free Pasta with Tomato & Basil	Gluten, Soya Free fried rice with vegetables	Gluten Free Fish
CARBOHYDRATE	Roast Potatoes with garlic & herbs ---	Rice ---	Pasta (G) ---	Noodles (G) ---	Chips --
VEGETABLES	Carrots & Savoy cabbage --- Salad Bar Selection	Mixed Salad --- Salad Bar Selection	Seasonal Vegetables --- Salad Bar Selection	Stir fried vegetables --- Salad Bar Selection	Peas & baked beans --- Salad Bar Selection
DESSERT					
	Fruit Yoghurt (D)	Lemon Cake (D, E, G)	Butterscotch Delight (D)	Fruit Jelly	Chocolate Cake (D, E, G)