

Sample Lunch Menu

	Monday	Tuesday	Wednesday	Thursday Meat Free Day	Friday
Option 1	Baked Jacket Potato, Cheddar Cheese, Tuna Mayonnaise, Baked Beans	Mozzarella baked Peppers Filled with a Mushroom & Sun Blushed Rice	Penne Pasta, Tomato and Fresh Herb Sauce	Baked Jacket Potato, Cheddar Cheese, Tuna Mayonnaise, Baked Beans	Daily Special
Allergens	M,F,E,VEA	M,SD	C,G,VEA	F,E,M,VEA	
Option 2	Mild Chicken curry, Naan Bread	Korean BBQ Style Pork on Stir Fried Noodles	Chicken And Spring Onion Meatballs in a Roasted Tomato and Mascarpone Sauce	Mexican Chilli Con Carne	Jumbo Warwickshire Sausage in Batter
Junior School Option	Mild chicken curry, Naan Bread	Stir fry pork with Noodles	Chicken Meatballs, in a Tomato Sauce	Mild Chilli Con Carne	Warwickshire Sausage in Batter
Allergens	G,MT	G,S	C,MSD	S,G	SD,G
Option 3	Fusilli Pasta, Tomato and basil Sauce	Baked Glamorgan Sausage, Roast Onion Gravy Plain Gravy	Vegetarian Chorizo Paella	Spiced Vegetable Cannelloni, Tomato and Basil Sauce	Spiced Bean and Vegetable Burrito
Allergens	G,C,VEA	G,M,MT,S	M	S,G	G, M
Accompaniments	Coriander and Pomegranate Rice Green Beans	Chive Mash Potato Baton Carrots, Peas	Penne Pasta, Broccoli and Carrots	Braised Rice, Sweet Corn and Green Beans	Chips, Peas, Sour Cream, Jalapeno Peppers Mixed Salad
Allergens	FREE	M,DFA	G	FREE	G,GFA
Desserts	Apple and Rhubarb Crumble, Vanilla Custard	Retro School Cake	Strawberry Cheesecake	Lemon Syllabub, Raspberry Coulis	Selection of Ice Creams
Allergens	G,E,M,	G,E,	G,M	M,SD	M

Allergens: C = Celery, G= Cereals, CR= Crustaceans, E = Eggs, F = Fish, L = Lupin, M = Milk, Mo = Molluscs, MT = Mustard, N = All nuts, S = Soya, SD = Sulphur dioxide, GF=Gluten Free, DF=Dairy Free, GFA=Gluten Free Available, DFA=Dairy Free Available

Every day we also offer **Baguette Selection** and **Fresh Fruit, Yoghurt and Vegetarian Jelly**

Despite all reasonable care we cannot guarantee that ingredients and pre-prepared food has been produced in a completely nut/allergen free environment.