

**JUNIOR SCHOOL**

Allergens in Red: C = Celery, G= Gluten, CR= Crustaceans, E = Eggs, F = Fish, L = Lupin, M = Milk, Mo = Molluscs, MT = Mustard, P=Peanuts, TN=Tree Nuts, S=Soya, SD = Sulphites, GF=Gluten Free, GFA=Gluten Free Available, DFA=Dairy Free Available, VGA=Vegan Option Available.

Please Check on the day if you have any Allergies as these may be subject to change.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish Global Kitchen</b>	Sweet and Sour Stir-Fried Vegetables, Singapore Noodles G, S, GFA	Jerk Chicken Thighs, BBQ Jerk Sauce Rice and Peas, Curly Kale S, MT, SD	Pork Stroganoff, Wild Rice, Broccoli and Green Beans M, SD	Chicken, Ham and Leek Pie, Gravy, Mashed Potato, Carrots and Peas G, M, MT, GFA	<b>Fish and Chip Shop</b> Fish Fingers Chunky Chips Garden Peas F,G
<b>Vegetarian/Vegan</b>	Bombay Potato, Cauliflower and Spinach Curry Turmeric Rice, Poppadum's MT	Caribbean Style Jackfruit and Vegetable Stew Rice & Peas, Curly Kale S, MT	Wild Mushroom and Puy Lentil Ragu, Polenta Broccoli and Green Beans C, SD	Ricotta and Sun-blush Tomato Spanakopita, Herb Roast New Potatoes, Sweet corn & Mix Peppers G, M, GFA, VGA	Battered Vegan Sausage Chunky Chips Garden Peas G,S
<b>Pasta Bar</b>	See Daily Specials	See Daily Specials	See Daily Specials	See Daily Specials	See Daily Specials
<b>Main Dessert</b>	Apple & Cinnamon Crumble, Vanilla Custard G, M, DFA	Strawberry Victoria Sponge G, E, M	Spiced Carrot Cake Cream Cheese Frosting G,M,E	Apricot and Chocolate Croissant Pudding, Custard G, E, M	Chocolate Doughnut G
<b>Cut Fruit/Jelly</b>	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit
<b>Yogurt Pots</b>	Fresh Yogurt Pots M	Fresh Yogurt Pots M	Fresh Yogurt Pots M	Fresh Yogurt Pots M	Fresh Yogurt Pots M

**SENIOR SCHOOL**

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish Global Kitchen</b>	Sweet & Sour Stir-Fried Vegetables, Singapore Noodles G, S, GFA	Jerk Chicken Thighs, BBQ Jerk Sauce Rice and Peas, Curly Kale S, MT, SD	Pork Stroganoff, Wild Rice, Broccoli and Green Beans M, SD	Chicken, Ham and Leek Pie, Gravy, Mashed Potato, Carrots and Peas G, M, MT, GFA	<b>Fish and Chip Shop</b> Battered Cod Fillet Chunky Chips Garden Peas F,G
<b>Vegetarian/Vegan Option Available*</b>	Bombay Potato, Cauliflower and Spinach Curry Turmeric Rice, Poppadum's MT	Caribbean Style Jackfruit and Vegetable Stew Rice & Peas, Curly Kale S, MT	Wild Mushroom and Puy Lentil Ragu, Polenta Broccoli and Green Beans C, SD	Ricotta and Sun-blush Tomato Spanakopita, Herb Roast New Potatoes, Sweet corn & Mix Peppers G, M, GFA, VGA	Battered Vegan Sausage Chunky Chips Garden Peas G,S
<b>Pasta Bar</b>	See Daily Specials	See Daily Specials	See Daily Specials	See Daily Specials	See Daily Specials
<b>Main Dessert</b>	Apple & Cinnamon Crumble, Vanilla Custard G, M, DFA	Strawberry Victoria Sponge G, E, M	Spiced Carrot Cake Cream Cheese Frosting G,M,E	Apricot and Chocolate Croissant Pudding, Custard G, E, M	Chocolate Doughnut G,E,M
<b>Street Food</b>	Bean & Roasted Vegetable Fajita, Avocado Tomato Salsa Corn on the Cob Spicy Rice G,	Soy & Honey Pork, Chow Mein Noodles, Stir Fried Vegetables, Prawn Cracker Sweet Chilli Sauce S,E,F,CR,G Vegetable Spring rolls Chow Mein Noodles, Stir Fried Vegetables, Prawn Cracker Sweet Chilli Sauce S,E,M,G,	Roasted Salmon Fillet Taco, Guacamole, Shredded Lettuce, Tomato Sweetcorn Salsa, Jalapenos F,SD Chipotle Halloumi Taco, Guacamole, Shredded Lettuce, Tomato Sweetcorn Salsa, Jalapenos SD,M	Herb Marinated Chicken Open Gyro, Tzatziki, Harissa Mayo, Mix Leaves Salad & Potato Wedge's M,G Sumac Spice Grilled Cauliflower, Open Gyro, Tzatziki, Harissa Mayo, Mix Leaves Salad & Potato Wedge's M,G	Grilled Beef Burger Brioche Bun Burger Sauce, Fries, Salad G, SD, MT, GFA Vegetable Burger Brioche Bun Burger Sauce Fries, Salad G, SD, MT, GFA