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	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Rigatoni Norma, Roast Aubergine, Tomato Sauce & Ricotta Salata <i>*Gluten, Milk</i> 	Jerk Chicken drumsticks 	Mac & Cheese, Spinach, Bechamel & Toasted Panko <i>* Gluten, Milk</i> 	Beef Fajita, peppers Pico de Gallo 	Breaded Fish of the week <i>*Fish, Gluten, Eggs</i> 
MAIN Option 2 (vegetarian)	Rigatoni Pasta, Italian Basil Pesto & Shaved Pecorino Cheese <i>*Gluten, Milk</i> 	Carrots & Coriander Fritters	Spanish Omelette, Leeks & Potatoes <i>*Eggs, Milk</i>	Vegetarian Fajitas	Halloumi fritters <i>*Gluten &amp; Eggs</i>
To Accompany/Salad	Kachumber Salad 	Jollof Rice 	Greek Tomato Salad, Feta <i>* Milk</i> 	Cous-Cous  <i>*Gluten</i>	Shredded Carrots, Pomegranate, mint
Bread	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 
Vegetables	Broccoli florets, Garlic & Sesame Seeds <i>*Sesame</i> 	Asian Coleslaw 	Corn, paprika & Lime 	Peas & Pak choi 	Potatoes Wedges, rosemary 
Dessert	Seasonal fruits Salad 	Lemon drizzle & poppy seeds <i>*Gluten, Milk &amp; Eggs</i> 	Seasonal Fruits Salad 	Chocolate Tiramisu <i>*Gluten, Milk &amp; Eggs</i> 	Seasonal Fruits Salad 