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	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Casarecce Pasta, Arrabbiata Sauce, Tomato, Chilly, Basil Parmesan <i>*Gluten, Milk</i>	Chicken Thighs, Teriyaki Sauce <i>*Soy, Sesame, Milk</i> 	<i>Italian Pizza, Tomato, Mozzarella</i> <i>*Gluten, Milk</i> 	Mongolian Beef, Spring onions, Sesame seeds <i>*Gluten, Sesame, Soy</i>	Mediterranean Baked Fish, Tomato, Capers, olives <i>*Fish</i> 
MAIN Option 2 (vegetarian)	Casarecce Pasta, Kale Pesto, Mint <i>*Gluten, Milk</i> 	Broccoli, Spinach & Feta Tart <i>*Gluten, Milk</i>	Mexican Quesadillas, Corn, Cheese <i>*Gluten, Milk</i>	Courgettes Frittata <i>*Eggs, Milk</i> 	Stuffed Peppers, Rice, Mint 
To Accompany	Lolloblanco, cherry tomato	Asian Slaw Long Grain Rice 	Radicchio & Tomato Salad	<i>Lamb's lettuce &amp; Watercress</i> <i>Noodle</i> <i>*Gluten</i>	Green Salad
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> 	Freshly Baked bread <i>*Gluten</i> 
Vegetables	Vegetable Medley 	Hispi Cabbage 	Tossed Spinach, Garlic 	Roasted Royal Jersey Potatoes, Rosemary 	Sesame Broccoli Florets <i>Sesame</i> 
Dessert	Seasonal Fruits salad 	Maple & Banana cake <i>*Gluten, Milk &amp; Eggs</i> 	Seasonal Fruits Salad 	Biscoff Cheesecake <i>*Gluten, Milk</i> 	Seasonal Fruits salad 

*\* Allergens are in italics and marked with an asterix*

