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| MONDAY Meat-Free Day | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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BREAKFAST Assorted choice of wholegrain cereals and toast with sugar free jams served daily till 8.30am

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|--------|---|---|---|---|---|--|
| Week 1 | LUNCH | Bean and Mushroom Stroganoff with Rice (Mi, M, Su, G) | Chicken and Spinach Curry with Rice (M) | Fish Marsala with Couscous (F, G) | Chicken, Leek & Mustard Casserole with Mashed Potatoes & Brussel Sprouts (Mi, M, G) | Cod with Ratatouille with Pasta (G, F) |
| | Vegetarian Lunch Alternatives Available | | | | | |
| | TEA | Mixed Veggie Burger with Wedges (E, G, Mi) | Muffin Pizza with Vegetables (Mi, G) | Cheese and Roasted Veg Quesadilla (Mi, G) | Spinach and Tomato Frittata (E, Mi) | Roasted Cauliflower and Potato Soup with Fresh Bread (G, Mi) |

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| Week 2 | LUNCH | Bean and Vegetable Pie with Runner Beans (Mi) | Chicken and Vegetable Pie with Potatoes and Geens (Mi, G, C) | Jamaican Fish Curry with Rice (F) | Chicken Meatballs with Pasta, Peas and Carrots (E, S, G) | Creamy Fish and Vegetable Hotpot with Seasonal Veg (F, Mi) |
| | Vegetarian Lunch Alternatives Available | | | | | |
| | TEA | Cheese and Roasted Veg Flatbread (Mi, G) | Tomato and Roasted Pepper Soup with garlic bread (G, Mi) | Mushroom and Tomato Omelette (E, Mi) | Flatbread Pizza with Vegetables (Mi, G) | Veggie Fingers with Wedges (E, G, Mi) |

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| Week 3 | LUNCH | Cheese and Mushroom Cakes with Wedges and Spinach (E, Mi, S, G) | Lemon and Pepper Chicken with Rice (C, Mi) | Cod and Mushroom Stroganoff with Rice and Peas (Mi, M, G) | Chicken Ragù with Potatoes and Beans (Mi, G) | Salmon and Sweetcorn Pasta with Broccoli (F, Mi, G) |
| | Vegetarian Lunch Alternatives Available | | | | | |
| | TEA | Crumpet Pizza with Vegetables (Mi, G) | Veggie Nuggets with Wedges (E, G, Mi) | Tortilla Wraps with Cheese and Roasted Vegetables (Mi, G) | Three Bean and Herb Soup with Fresh Bread (G, Mi) | Spanish Cheese Omelette (E, Mi) |

Summer Menu 2024

Allergens: Celery (C), Egg (E), Gluten (G), Fish (F), Milk (Mi), Mustard (M), Soya (S), Sulphites (Su)