

WHAT'S FOR LUNCH?

WEEK 1
CAMPSBOURNE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Vegetables in Tomato Sauce with Pasta or Jacket Potato	BBQ Chicken Pieces with BBQ Sauce SOY & SULPHITES	Chicken Sausages With Gravy GLUTEN	Popeye Pizza DAIRY & GLUTEN	Young's Fish Fingers FISH / GLUTEN
MAIN (OPTION 2)	Cauliflower Cheese or Vegetable Lasagne DAIRY / GLUTEN	Vegetable and Coconut Curry	Vegetable Sausages With Gravy GLUTEN	Vegetarian Chili GLUTEN	Corn fritters with Coriander and Spring Onions GLUTEN & EGGS
SIDES Where main includes, portion will be offered as optional extra	Homemade Whole Meal Bread GLUTEN	Homemade Whole Meal Bread Rice GLUTEN	Homemade Whole Meal Bread Mashed Potatoes GLUTEN	Homemade Whole Meal Bread Rice GLUTEN	Homemade Whole Meal Bread Skin on Chips GLUTEN
VEGETABLES	Carrots Salad	Broccoli Salad	Green Beans Salad	Corn Carrots Salad	Baked Beans Tartare Sauce Salad EGGS
EXTRAS	Greek Yogurt, Fresh Seasonal Fruit Selection Available Daily Tuesday: Flapjacks Wednesday: Carrot Sponge Thursday: Butternut Squash Cake, Rice Pudding MILK, EGG & GLUTEN				

Wherever possible, all food is homemade on site from local, British ingredients

