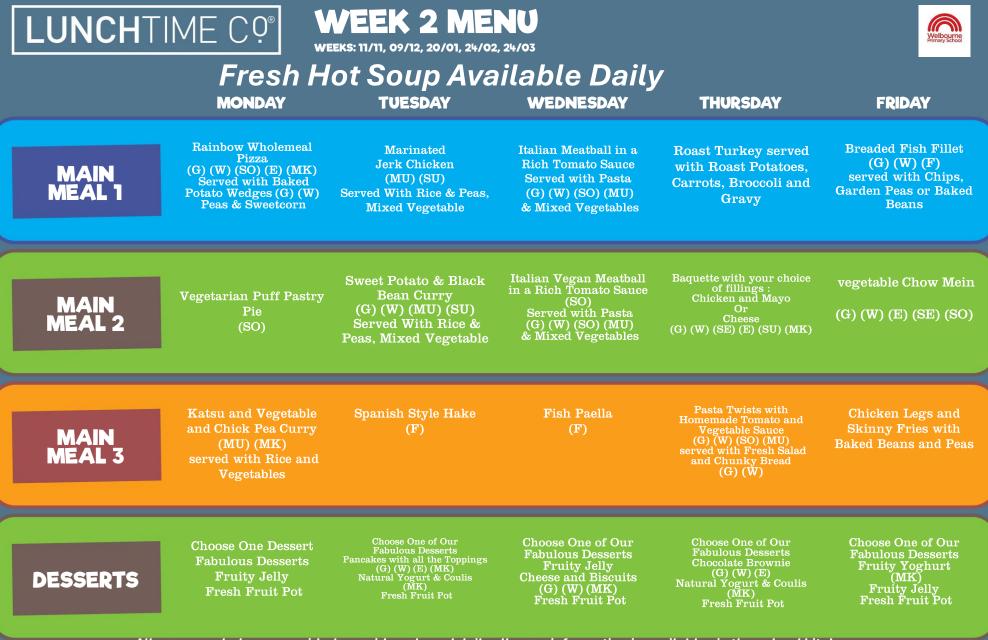


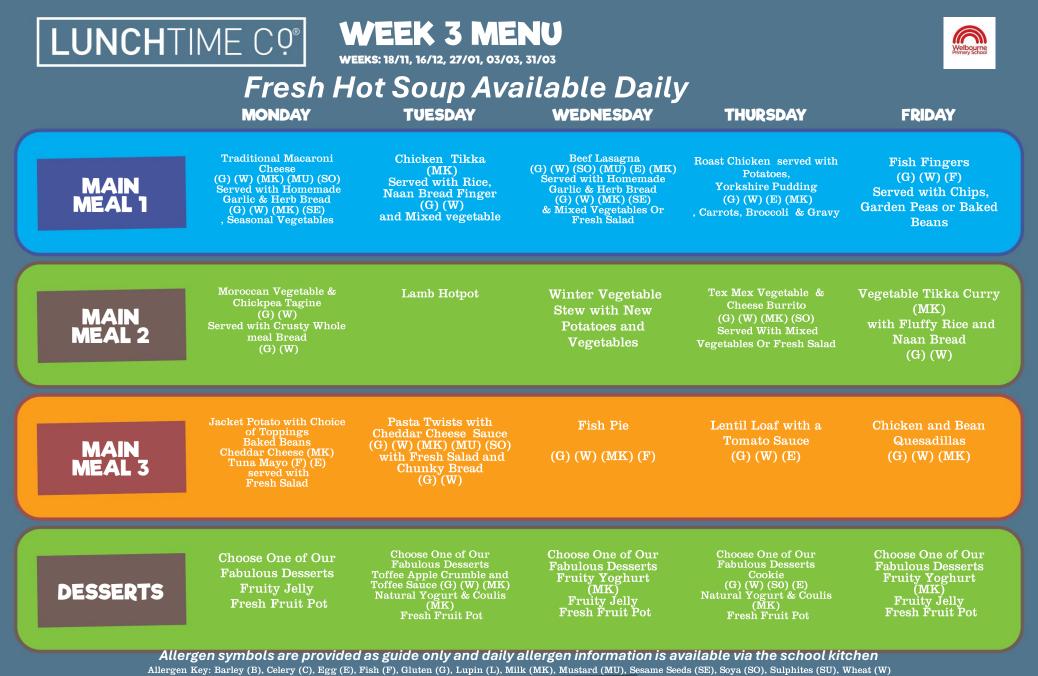
Allergen symbols are provided as guide only and daily allergen information is available via the school kitchen Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Making lunchtime the highlight of your day



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LUNCHTIME C.O.® WEEKS: 25/11, 06/01, 03/02, 10/03 Fresh Hot Soup Available Daily					Welbourne
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Chickpea & Lentil Curry (MK) Served with Fluffy Rice & Vegetables	Chicken Chipolatas (G)(W)(SO)(MU)(SU) , Creamy Mashed Potato (MK), Seasonal Vegetable & Gravy	Chicken Rasta Pasta (G)(W)(SO)(MU)(MK) (SE)	Roast Beef served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding (G) (W) (E) (MK) and Gravy	Breaded Fish (G) (W) (F) with Potato Wedges (G) (W) Beans or Peas
MAIN MEAL 2	Roasted Vegetable Quiche (G) (W) (E) (MK) served with New Potato & Fresh Salad	Vegetable Con Carne served with Rice and Vegetables	Vegetable Bolognese served with Rice (MU) (SO), Garlic & Herb Bread (G) (W) (MK) (SO), Seasonal Vegetables or Mixed Salad	Vegetable Lasagna (G) (W) (SO) (MU) (E) (MK) Served with Homemade Garlic & Herb Bread	Chinese Style Chicken with Egg Noodles (G) (W) (E) (SE) (SO)
MAIN MEAL 3	Paprika Spiced Mediterranean Vegetable Casserole served New Potatoes	Homemade Salmon Fish Cakes (G) (W) (E) (MK) (F) served with Parsley Potatoes and Green Beans and Tartare Sauce (E)	Beef Moussaka (G) (W) (E) (MK)	Vegetable Frittata (E) (MK) Served with Fresh Salad	Stuffed Peppers Filled with Green Lentil and Rice Served with Tomato Ragu (W) (MK)
DESSERTS	Choose One of Our Fabulous Desserts Cheese & Crackers (G) (W) (MK) Fresh Fruit Pot	Choose One of Our Fabulous Desserts Banana Sponge and Cream (G) (W) (E) (MK) Fruit Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Fruity Yoghurt (MK) Cheese and Biscuits (G) (W) (MK) Fresh Fruit Pot	Choose One of Our Fabulous Desserts Bread and Butter Pudding with Custard (G) (W) (E) (MK) Cheese & Crackers (G) (W) (MK) Fresh Fruit Pot	Choose One of Our Fabulous Desserts Fruit Jelly Fresh Fruit Pot

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W) Making lunchtime the highlight of your day