

THINK ABOUT ALLERGY

ALLERGY INFORMATION

All menu items are labelled with allergies as well as the menu of the week

Remember, if you have a food allergy or intolerance, ask before you choose



Crustaceans



Eggs



Tree Nuts



Celery



Molluscs



Mustard



Lupin



Peanuts



Soybeans



Milk



Fish



Gluten



**Sulphur
Dioxide**



**Sesame
Seeds**

BREAKFAST MENU 31.03 - 04.04

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Continental Toast Bar Crepes With Toppings	Continental Toast Bar Scrambled Eggs & Toppings	Continental Toast Bar Loaded Croissants	Continental Toast Bar French Toast and compote	Continental Toast Bar English Breakfast

For more information on allergens, please speak to a member of the team.

LUNCH MENU 31.03 - 04.04

	MONDAY Meatless Marvels	TUESDAY PORUGESE DAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato and basil	Butternut And Thyme	Carrot & Cardamon	Borlotti bean stew, fresh herb and chorizo on the side	Sweet Potato and cumin
MAIN	Harissa Vegetable & Tofu Burrito With Salsa And Cheese	Portuguese Duck rice	Sweet & Sour Pork Sweet & Sour Chicken	Beef Meatballs With Marinara Sauce	Smoked Salmon, Chive & Pea Tagliatelle
VEGETARIAN	Roasted Tomato, Basil & Feta Penne	Vegetables a bras	Garlic & Herb haloumi Burgers Topped With sweet chilli jam	Sweet Onion, Potato & Cheddar Tart	Lentil And Root Vegetable Stew
SIDES	Garlic Focaccia Roasted Roots Corn On The Cob	Steamed Broccoli Butternut squash	Jasmine Rice Herb Diced Potato's Wok Fried Peppers Sweet Corn	Penne Pasta Roasted vegetable Garlic focaccia Roasted tomato and basil	Braised Rice Sauteed Broad Beans Mint and pea fricassee
DESSERT	Selection Of Fresh Fruit	Chocolate sponge	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Mont Blant Cup

Pour plus d'informations sur les allergènes, veuillez vous adresser à un membre de l'équipe.



NURSERY MENU 31.03 - 04.04

	MONDAY Meatless Marvels	TUESDAY PORUGESE DAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato and basil	Butternut And Thyme	Carrot & Cardamon	Borlotti bean stew, fresh herb and chorizo on the side	Sweet Potato and cumin
MAIN		Portuguese Duck rice	Grilled chicken breast	Beef Meatballs With Marinara Sauce	Smoked Salmon, Chive & Pea Tagliatelle
VEGETARIAN	Roasted Tomato, Basil & Feta Penne	Vegetables a bras	Garlic & Herb haloumi Burgers Topped	Sweet Onion, Potato & Cheddar Tart	Lentil And Root Vegetable Stew
SIDES	Garlic Focaccia Roasted Roots Corn On The Cob	Steamed Broccoli Butternut squash	Jasmine Rice Herb Diced Potato's Wok Fried Peppers Sweet Corn	Penne Pasta Roasted vegetable Garlic focaccia Roasted tomato and basil	Braised Rice Sauteed Broad Beans Mint and pea fricassee
DESSERT	Selection Of Fresh Fruit	Chocolate sponge	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Mont Blant Cup

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EVENING MENU 31.03 - 03.04

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP	Broccoli and Stilton	Curried Cauliflower	Spiced Pumpkin	Pea and Mint
MAIN	Beef Kofta With Mint Yogurt Sauce	Hoisin Turkey Stir-fry With Oriental Vegetables	Peri peri spiced chicken thigh	Selection Of Handmade Pizzas
VEGETARIAN	Sweet Potato And Chickpea Curry	Roasted Vegetable & Tofu Massaman	Peri peri tofu wings	Margerita calzone
SIDES	Braised Rice Flat Breads Sweet chilli Glazed Parsnips Tomato and red onion salad	Noodles Wok Fried Peppers and Onion Mange tout	Peas, beans and rice Chipotle Spiced mayonnaise Paprika Crispy potato Lemon and caper broccoli	Sweet Potato Baked Wedges Roasted Mediterranean Vegetables Rocket and balsamic salad
DESSERT	White chocolate and berry profiterole	Key lime pie	Milk chocolate mousse	Banoffee pie

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SALAD BAR 31.03 - 04.04

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALADES COMPOSÉES	Soy Roasted Broccoli & Sweet Potato Pumpkin & Feta	Roasted Tomato Pasta Chopped Caesar	Rainbow Slaw Roasted Cauliflower And Chickpea Salad	Lemon & Garlic Potato Salad Chopped Salad With Chickpeas, Olives And Red Onions	Lemon Scented Faro With Scallions Mediterranean Couscous Salad
crudités	Mixed Leaves Sweetcorn Cucumber Carrot Tomato Red Onion	Mixed Leaves Sweetcorn Cucumber Carrot Tomato Red Onion	Mixed Leaves Sweetcorn Cucumber Carrot Tomato Red Onion	Mixed Leaves Sweetcorn Cucumber Carrot Tomato Red Onion	Mixed Leaves Sweetcorn Cucumber Carrot Tomato Red Onion

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SNACKS 31.03 - 04.04

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Mixed Whole Fruits Turkey & Cheese Roll	Mixed Whole Fruits Honey & Oat Bar	Mixed Whole Fruits Marshmallow rice crispy bar	Mixed Whole Fruits Lemon & Yogurt Cake	Mixed Whole Fruits Mixed Berry Smoothie

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