



# This week's menu

G=Gluten  
E=Egg  
D=Dairy  
S=Soya  
F=Fish  
Must=Mustard  
C=Celery

Week: 2 **SUMMER 2024**

## *Monday*

### Dish of the Day

Chicken & chorizo paella (G)

### Vegetarian Option

Quorn paella (G, E)

### Sides

Rice  
Peas

### Alternative

Baked Potato with beans & cheese (D)

### Dessert

Apple crumble & ice cream (G, D)  
Homemade yoghurt with fruit compote (D)  
Fresh fruit

### Owls

Sandwich selection & crudités

## *Tuesday*

### Dish of the Day

Mac 'n' cheese (D, G)

### Vegetarian Option

### Sides

Green beans

### Alternative

Cheese (D, G)/ ham guacamole wrap (G)

### Dessert

Strawberry jelly  
Homemade yoghurt with fruit compote (D)  
Fresh Fruit Bar

### Owls

Baked potato & Cheese (D)/coleslaw (Must, E)

## *Wednesday*

### Dish of the Day

Roast gammon & pineapple

### Vegetarian Option

Stuffed peppers (G, D)

### Sides

Roast potatoes  
Carrots  
Gravy (G)

### Alternative

Baked Potato with cheese (D) or beans

### Dessert

Homemade yoghurt with fruit compote (D)  
Fresh fruit

### Owls

Pasta Salad (G)

## *Thursday*

### Dish of the Day

Beef lasagne (G, D)

### Vegetarian Option

Vegetable lasagne (G, D, C)

### Sides

Garlic bread (G)  
Crudités  
Coleslaw

### Alternative

Cheese (D, G) or ham wrap (G)

### Dessert

Banoffee pie (G,D)  
Homemade yoghurt with fruit compote (D)  
Fresh fruit

### Owls

Pizza fingers (D, G) & crudités

## *Friday*

### Dish of the Day

Fish Fillet (F)

### Vegetarian Option

Cheese & onion slice (G, D)

### Sides

Chips  
Beans

### Alternative

Baked Potato with beans & cheese (D)

### Dessert

Iced sponge (G, E)  
Homemade yoghurt with fruit compote (D)  
Fresh fruit

### Owls

Pitta bread (G), dips & Rainbow vegetables