



# This week's menu

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

Week: 3 **SUMMER 2024**

## Monday

### Dish of the Day

Lamb tagine

### Vegetarian Option

Vegetable tagine

### Sides

Rice or couscous (G)  
Broccoli

### Alternative

Baked Potato with beans & cheese (D)

### Dessert

Lemon drizzle cake (G, E)  
Homemade yoghurt with fruit compote (D)  
Fresh fruit

### Owls

Pizza fingers (G, D)  
& crudité

## Tuesday

### Dish of the Day

Vegetable & five bean tacos (D)

### Vegetarian Option

### Sides

Wedges  
Carrots

### Alternative

Cheese or ham wrap (D, G)

### Dessert

Smartie Cookie (G, E, D)  
Homemade yoghurt with fruit compote (D)  
Fresh fruit

### Owls

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

## Wednesday

### Dish of the Day

Bacon free hunters' chicken

### Vegetarian Option

Halloumi stack (D)

### Sides

Sauté potatoes  
Peas

### Alternative

Baked Potato with cheese or beans (D)

### Dessert

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

### Owls

Pasta salad (G)

## Thursday

### Dish of the Day

Chicken Enchiladas  
(G, D, C)

### Vegetarian Option

Vegetable Enchiladas  
(G, D, C)

### Sides

Homemade tortilla chips (G)  
Corn on the cob

### Alternative

Cheese or ham wrap (D, G)

### Dessert

Ice cream (D)  
Homemade yoghurt with fruit compote (D)  
Fresh Fruit

### Owls

Pitta bread (G), dips & Rainbow vegetable slices

## Friday

### Dish of the Day

Beef Burger (G, SD)

### Vegetarian Option

Beetroot Burger (G)

### Sides

Chips  
Crudité  
Tzatziki (D)

### Alternative

Baked Potato with beans & cheese (D)

### Dessert

Homemade yoghurt with fruit compote (D)  
Fresh fruit

### Owls

Sandwich selection & crudité