



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

Cheese or chicken wrap (D, G)

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 (D)/Chicken/Butter
bean hummus baguette (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

Cheese or chicken wrap (D,
G)

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 (D)/Chicken/Butter
bean hummus baguette (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

Cheese or chicken wrap (D, G)

Dessert

Homemade yoghurt with fruit
compote (D)
Fresh fruit

Owls

Sandwich selection
& crudité