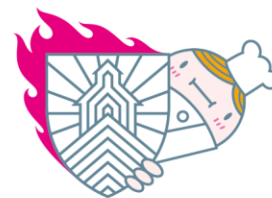


# WHAT'S FOR LUNCH? WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Vegetarian Pizza  Vegetarian	Chicken Drumstick Curry  Gluten free	Beef Bolognese  Gluten Free	Vegetarian Sausage & Bean Stew  Vegetarian	Fish of the Day 
<b>MAIN (OPTION 2)</b>	As Option 1	Vegetable & Chickpea Curry  Vegetarian, Gluten free	Vegetable Bolognese  Vegetarian, Gluten Free	As Option 1	Potato Skins with Peppers, Onions & Cheese  Vegetarian, Gluten Free
<b>SIDES</b> Where main includes, portion will be offered as optional extra	Herby Pesto  Salad of the Day Vegetarian	Spiced Rice  Vegetarian, Gluten free	Pasta  Vegetarian	Herb Couscous  Vegetarian	Baked Potato Wedges, Coleslaw  Gluten free, vegetarian
<b>VEGETABLES</b>	Roasted Sweetcorn  Gluten free, Vegetarian	Carrots with Ginger & Cumin  Gluten free, Vegetarian	Steamed Broccoli  Gluten free, Vegetarian	Green Beans  Gluten free, Vegetarian	Crushed Peas & Mint  Gluten free, Vegetarian
<b>BREAD</b>	Included in Pizza 	Freshly Baked Bread 	Garlic Bread 	Freshly Baked Bread 	Freshly Baked Bread 
<b>DESSERT</b>	Fresh Fruit Salad  Gluten free	Flapjack with Coconut & Raisins 	Yoghurt, Fresh Fruit & Honey  Gluten free	Banana Bread 	Fresh Fruit Salad  Gluten free

Weeks commencing: 14<sup>th</sup> September; 28<sup>th</sup> September; 12<sup>th</sup> October; **Wherever possible, all food is homemade on site from local, British ingredients**

\* Harrington Hill is a nut-free and sesame seed free school. We use RSPCA Freedom Food free range eggs, Marine Stewardship Council approved sustainable fish and Red Tractor approved fresh meat. We also use locally sourced ingredients when available and in season. We aim to provide all pupils' special dietary requirements including allergies and intolerances. We are committed to reducing salt and sugar by using reduced salt and sugar at all times