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	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Rigatoni Norma, Roast Aubergine, Tomato Sauce & Ricotta salata <i>*Gluten, Milk</i> 	Chicken thigh, Teriyaki sauce <i>*Soy, Sesame, Milk</i> 	Vegetarian Shepherd's pie, <i>* Celery</i>	Persian Beef Biryani 	Black Pepper Breaded Coley <i>*Fish, Gluten, Eggs</i> 
MAIN Option 2 (vegetarian)	Rigatoni with Broccoli Pesto Shaved pecorino <i>*Gluten, Milk</i> 	Vegetables of the week, Teriyaki sauce <i>*Soy, Sesame, Milk</i> 	BBQ Veggie kebab <i>*Mustard</i> 	Carrots & Coriander Fritters	Crispy Baked Polenta Lemon Aioli <i>*Gluten & Eggs</i>
To Accompany/Salad	Kachumber salad 	Long grain Rice Tossed Watercress & radicchio <i>*Mustard, Sulphite</i> 	Mash Potatoes	Black Beans Brown Rice Pomegranate Raita <i>*Milk</i> 	Greek Tomato Salad <i>*Milk</i> 
Bread	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 
Vegetables	Roast Cauliflower, Molasses, mint 	Asian Coleslaw 	Corn, paprika & Lime 	Oven Roast Mix Peppers 	Jersey Royal Potatoes, chive 
On the Table	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites
Dessert 	Winter fruits, Crumble <i>*Gluten</i> 	Beetroot and Papaya Brownie <i>*Gluten</i> 	Winter fruits, Crumble <i>*Gluten</i> 	Lime Cheesecake , Amaretti Crumble <i>*Gluten, Milk</i> 	Winter Fruits, Crumble <i>*Gluten</i> 

* Allergens are in italics and marked with an asterix

