





















Grasmere Primary School

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Slow cooked Chicken, Mediterranean Rice	Slow Cooked Beef Brisket, Eggs Noodle <i>*Gluten</i> 	<i>Jerk Chicken Drumstick, Jollof Rice</i> 	Chickpea Curry, Peas, Tomato Cous- Cous 	<i>Pasta with Tuna, Parsley, Cherry tomato, Sweetcorn</i> <i>*Fish, Gluten</i>
MAIN Option 2 (vegetarian)	Aubergine Parmigiana <i>*Gluten, Dairy</i> 	Tomato, Mozzarella & Olives Tart <i>* Gluten, Milk</i>	Halloumi Wrap & Jollof rice <i>* Gluten, Milk</i> 		Polenta Croquettes <i>* Milk, Gluten</i>
To Accompany/Salad	Green leaf Salad	Creamy Potatoes, Chive <i>*Milk</i>	Panzanella, chickpea, Beetroot	Coleslaw, lemon dressing	Tomato wedges Garlic Peas
Bread	Freshly Baked Focaccia <i>*Gluten</i> 	Freshly baked Focaccia <i>*Gluten</i> 	Freshly baked Focaccia 	Pitta Bread <i>*Gluten</i> 	Freshly Baked Focaccia <i>*Gluten</i> 
Vegetables	Roasted Corn on the Cob 	Roasted Sesame Broccoli 	Green Peas		Roast Potatoes Wedges 
Dessert	<i>Fruits Salad</i> 	Banana Cake <i>*Gluten, Eggs, Milk</i> 	<i>Fruits Salad</i> 	Cinnamon Twirl <i>*Gluten</i> 	Fruits Salad 

** Allergens are in italics and marked with an asterix*