



# The Crunch – Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN (OPTION 1)</b>	Tomato Fusilli Pasta Bake <b>WHEAT &amp; MILK</b>	Chilli Con Carne <b>CELERY</b>	Maris Piper Potato & Paneer Curry <b>MILK</b>	Peri Peri Chicken <b>PAPRIKA</b>	Panko Crumbed Fresh Fish of the Day <b>FISH, EGGS &amp; WHEAT</b>
<b>MAIN (OPTION 2)</b>	Green Pesto Pasta <b>WHEAT</b>	Chilli Sin Carne <b>CELERY</b>	Sri Lankan Coconut Daal <b>COCONUT</b>	Jerk Halloumi <b>MILK</b>	Maccaroni Cheese <b>WHEAT &amp; MILK</b>
<b>SIDES</b> Where main includes, portion will be offered as optional extra	Wholemeal Bread <b>WHEAT</b>	Tortilla Wraps and Salsas <b>WHEAT</b>	Coconut Milk Rice <b>COCONUT</b>	Spicey Veg Rice <b>PAPRIKA</b>	New Potatoes, Tartare Sauce with Capers & Cornichons <b>EGGS &amp; SULPHITE</b>
<b>VEGETABLES</b>	Mix Veg	Smoked Paprika Sweetcorn <b>PAPRIKA</b>	Coleslaw	Roasted Fine Beans <b>SULPHITES</b>	Peas
<b>EXTRAS</b>	Fresh Fruit & Salad Available Daily				<b>Allergies in RED</b>



# Crunch – Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Macaroni Cheese <b>WHEAT &amp; MILK</b>	Curry Chicken <b>PAPRIKA, CHICKPEAS</b>	Chipotle Chicken <b>BEANS &amp; CHICKPEAS</b>	Lasagne Al Forno <b>WHEAT, MILK EGG</b>	Panko Crumbed Fresh Fish of the Day <b>FISH, EGGS &amp; WHEAT</b>
MAIN (OPTION 2)	Tomato Rigatoni <b>WHEAT</b>	Vegetable Sauce <b>PAPRIKA, SULPHITES</b>	Mexican Beans <b>BEANS &amp; CHICKPEAS</b>	Vegetarian Lasagne <b>WHEAT, MILK EGG</b>	Pasta Bake <b>WHEAT &amp; MILK</b>
SIDES Where main includes, portion will be offered as optional extra	Wholemeal Bread <b>WHEAT</b>	Coconut Milk Rice <b>COCONUT</b>	Tacos, Dips and Chilli Sauce <b>PAPRIKA WHEAT, DAIRY</b>	Broccoli	New Potatoes, Tartare Sauce with Capers & Cornichons <b>EGGS &amp; SULPHITE</b>
VEGETABLES	Honey Roasted Carrots	Stir Fried Vegetables	Sweetcorn with Paprika <b>PAPRIKA</b>	Broccoli	Peas
EXTRAS	Fresh Fruit & Salad Available Daily				<b>Allergies in RED</b>

