



## Walnuts School –Summer 2016 week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b> Brown bread available Daily	Margarita and lentil Pizza with fries and spaghetti hoops G,D,	Pork and Mango Meatballs with chilli sauce, pasta and salad G,	Chicken and butternut squash curry and rice M,	Gammon, herby dice potatoes, coleslaw and grilled tomatoes E,M	Fishcake, lyonnaise potatoes and beans G
<b>Vegetarian</b>	N/A	Quorn balls with chilli sauce G,S,	Lentil and vegetable curry M	Sweet potato and cheddar cheese whirl D	Spicy Bean Burgers G,S
<b>Sweet</b>	Yoghurt D	Courgette cake G,D,E	Summer fruit crumble and ice cream G,D	Apple and banana cake G,D,E	Butterscotch whip D
<b>Special Diet</b>	Gluten Free Pizza dairy Free Yoghurt	GF&DF Courgette cake GF pasta	GF&DF Crumble and DF Ice cream	GF&DF Cake Plain Salad	Gluten Free Fish Fingers Dairy free dessert F,S

G=Gluten, D= Dairy, S=Soya, F=Fish, E=Eggs, M=Mustard S\* =Sulphites