



Casa Montessori WEEK 2 20-04, 11-05, 08-06, 29-06	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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### MAIN MEAL

<b>MAIN</b>	Pasta with Creamy 'Carbonara' with broccoli, bacon or chicken (D, G)	Homemade Peri Peri marinated & roasted chicken thighs	<b>Meat Free</b> Homemade Vegan Keema curry with soya mince ginger, garlic, tomato & coriander (S)	Braised Organic pork or Red Tractor Chicken with homemade teriyaki glaze (S,G)	Msc Certified Pollack Fish Fingers (F, G)
<b>VEGETARIAN</b>	Pasta with roasted summer vegetable medley, tomato & basil (C, G)	Peri Peri spiced red pepper, sweetcorn & sweet potato fritters	Homemade Spinach, chickpea & aubergine curry with ginger, garlic, tomato & coriander	Tofu with Free range egg & tomatoes (S, E, G)	Homemade Sweet potato, roasted vegetable and black bean pancake
<b>ALLERGEN/ INTOLERANCE OPTION</b>	Gluten & dairy free pasta			Gluten Free Burger & bread	Gluten & Fish free pasta
<b>CARBOHYDRATE</b>	Pasta (G)	Steamed Rice	Cumin Roasted Potato Wedges	Rice with summer vegetable medley	Roast Potatoes with herbs
<b>VEGETABLES</b>	Carrots & sweetcorn	Peas, broccoli & green beans	Courgettes, broccoli & sweetcorn	Summer vegetables	Carrot, pepper, celery & cucumber crudites

### DESSERT

	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Yoghurt with Fruit (D)	Summer Fruit Salad	Summer fruit compote with yoghurt and oat crumble (G)	Summer Fruit Salad	Summer fruit compote with yoghurt (D) Fruit Compote

#### Allergy Key:

<b>F</b>	Fish			<b>Sul</b>	Sulphites
<b>L</b>	Lupin	<b>C</b>	Corn	<b>S</b>	Soya
<b>CM</b>	Crustacean/Mollusc	<b>G</b>	Gluten	<b>M</b>	Mustard
<b>E</b>	Eggs:	<b>D</b>	Dairy:	<b>Cel</b>	Celery

No Sesame Seeds, Nuts or Peanuts are used in production of our food