

The Hungry Caterpillar Cafe

Week 1 (4 Sept, 25 Sept, 16 Oct, 13 Nov, 4 Dec, 3 Jan, 22 Jan)		
Mon	Option 1	Option 2
	Homemade meat-balls (egg, gluten)	Vegetarian Bolognaise (gluten, sulphites)
	Served with: Peas and sweetcorn Pudding: Apple cake and custard (sulphites, gluten)	
Tues	Pork sausage, mash, peas and gravy (pork, sulphites)	Chickpea and sweet potato curry and rice (pulses, sulphite, dairy)
	Pudding: Custard biscuits (gluten, dairy)	
Wed	BBQ chicken breast wrapped in bacon (pork)	Stuffed peppers with cous cous (pulses, sulphites)
	Served with: Roasted new potatoes and roasted vegetables Pudding: Fruit and cream (milk)	
Thurs	Roast turkey (gluten, celery, mustard)	Lentil roast (sulphites, pulses, gluten, egg)
	Served with: Roast potatoes, seasonal vegetables and gravy Pudding: Iced yogurts (milk)	
Fri	Homemade salmon bites and chips (fish, gluten)	Vegetable fingers and chips (gluten, sulphites)
	Served with: Peas and baked beans Pudding: Fresh strawberry muffins (sulphite, gluten)	

Week 2 (11 Sept, 2 Oct, 30 Oct, 20 Nov, 11 Dec, 8 Jan, 29 Jan)		
Mon	Option 1	Option 2
	Grilled Cajun chicken breast burger	Lightly spiced lentil burger (pulses, gluten, lupin)
	Served with: Homemade coleslaw and wedges Pudding: Gingerbread people (gluten)	
Tues	Selection of French bread pizzas (pork, gluten)	Three bean burrito (lupin, gluten)
	Served with: Wedges and selection of salads Pudding: Beetroot brownie (gluten, sulphites)	
Wed	Crispy top cottage pie and seasonal vegetables (gluten, dairy, sulphites)	Macaroni cheese with garlic bread (gluten, dairy)
	Pudding: Apple crumble and ice cream	
Thurs	Roast beef and Yorkshire pudding (gluten, celery, mustard)	Lentil roast (sulphites, pulses, gluten, egg)
	Served with: Roast potatoes and seasonal vegetables Pudding: A selection of cakes and biscuits (gluten)	
Fri	Breaded fish fillet and chips (gluten, fish)	Vegetarian sausage and chips (gluten, sulphites)
	Served with: Peas and baked beans Pudding: Fresh blueberry muffin (sulphite, gluten)	

Week 3 (18 Sept, 9 Oct, 6 Nov, 27 Nov, 18 Dec, 15 Jan, 5 Feb)		
Mon	Option 1	Option 2
	All day brunch with pork sausage (gluten, pork)	Egg salad wrap and homemade coleslaw (egg, gluten)
Tues	Pudding: Unicorn cake and custard (gluten, sulphites)	
	Chicken korma and rice (dairy, mustard)	Cheese and tomato quiche served with homemade coleslaw and veg sticks (egg, gluten, sulphites)
Wed	Pudding: Banana chocolate cake (gluten, sulphites)	
	Beef burrito (gluten)	Hidden veg pizza
Thurs	Served with: Herby wedges and salads Pudding: Cherry flapjack (gluten, sulphites)	
	Roast pork (gluten, celery, mustard)	Lentil roast (sulphites, pulses, gluten, egg)
Fri	Served with: Roast potatoes and seasonal vegetables Pudding: Tray bake and iced yoghurts (gluten)	
	Fish fingers and chips (fish, sulphites, gluten, lupin)	Homemade cheese and onion pasty and chips (gluten, dairy)
	Served with: Peas and baked beans Pudding: Lemon drizzle muffins (gluten)	

Deli bar option – choice of jacket potato, wrap, brown bread, white roll filled with tuna mayo, ham or cheese available every day.

Fresh fruit and yoghurts are available for pudding every day.

