

The Hungry Caterpillar Cafe

Week 1 (20 Feb, 13 Mar, 17 Apr, 8 May, 5 Jun, 26 Jun, 17 Jul)		
	Option 1	Option 2
Mon	Homemade spaghetti bolognaise (gluten, sulphites)	Lightly spiced bean burger in a bun (gluten, lupin)
	Served with: Carrot and sultana salad Pudding: Gingerbread people (gluten)	
Tues	All day brunch (gluten, pork)	Vegetable risotto (sulphite)
	Served with: Baked beans and roasted tomatoes Pudding: Coconut and cranberry flapjack (gluten, sulphites)	
Wed	Chicken and chorizo jambalaya (gluten, pork)	Stuffed peppers with lentils and quinoa (pulses, sulphites)
	Served with: Wedges and sugar snaps Pudding: Caramel apple cake (sulphites, gluten)	
Thurs	Roast beef and Yorkshire pudding (gluten, celery, mustard)	Lentil roast (sulphites, pulses, gluten)
	Served with: Roast potatoes, seasonal vegetables and gravy Pudding: Peaches and ice cream (sulphites, gluten, dairy)	
Fri	Fish fingers and chips (fish, sulphites, gluten, lupin)	Red pepper pizzas (gluten)
	Served with: Peas and baked beans Pudding: Fresh strawberry muffins (sulphite, gluten)	

Week 2 (27 Feb, 20 Mar, 24 Apr, 15 May, 12 Jun, 3 Jul)		
	Option 1	Option 2
Mon	Salmon fishcakes and roasted new potatoes (fish, gluten, sulphite)	Three bean burrito (lupin, gluten)
	Served with: A selection of salads Pudding: Fresh strawberries, meringue and whipped cream (milk, egg)	
Tues	Cowboy mince (sulphites, celery, glut, mince)	Cheese and tomato quiche (eggs, milk, sulphites, gluten)
	Served with: Sauté potatoes and sweetcorn (sulphites) Pudding: Lemon drizzle cake (gluten)	
Wed	BBQ chicken breast wrapped in bacon (pork)	Vegetarian lasagne (sulphites, gluten)
	Served with: Mashed potato and peas Pudding: Brownie with raspberries (gluten, eggs, dairy, sulphites)	
Thurs	Roast turkey (gluten, celery, mustard)	Lentil roast (sulphites, pulses, gluten)
	Served with: Roast potatoes and seasonal vegetables Pudding: A selection of cakes and biscuits (gluten)	
Fri	Pork sausage and chips (pork, sulphites)	Homemade roasted butternut squash biryani (sulphites)
	Served with: Peas and baked beans Pudding: Fresh fruit kebab (sulphites)	

Week 3 (6 Mar, 27 Mar, 1 May, 22 May, 19 Jun, 10 Jul)		
	Option 1	Option 2
Mon	Southern fried chicken wrap (gluten)	Falafel and humous pitta (pulse, gluten)
	Served with: Sweet potato wedges and sweetcorn Pudding: Orange zest shortbread (sulphites, gluten, dairy)	
Tues	Selection of French bread pizzas (pork, gluten)	Homemade chickpea and sweet potato curry (pulses, sulphite, dairy)
	Served with: Homemade coleslaw and veg sticks (sulphites) Pudding: Banana chocolate cake (gluten, sulphites)	
Wed	Beef chilli and rice (celery, mustard, gluten)	Roasted vegetable pasta (sulphites, gluten)
	Served with: Carrots (gluten) Pudding: Pineapple upside down cake (sulphites)	
Thurs	Roast pork (gluten, celery, mustard)	Lentil roast (sulphites, pulses, gluten)
	Served with: Roast potatoes and seasonal vegetables (sulphites) Pudding: Iced yoghurts (milk)	
Fri	Homemade pasty and chips (gluten, sulphites)	Three bean chilli and brown rice (lupin)
	Served with: Peas and baked beans Pudding: Oatmeal and raisin biscuits (gluten, lupins)	

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

