

The Hungry Caterpillar Cafe

Week 1 (19 Feb, 12 Mar, 16 Apr, 7 May, 4 Jun, 25 Jun, 16 Jul)		
Mon	Option 1	Option 2
	Southern fried chicken wrap (gluten)	Vegetable risotto (sulphites)
	Served with: Herby wedges and vegetable sticks Deli: Ham (pork) or tuna (fish) wrap or cheese (dairy) jacket Pudding: Gingerbread people (gluten, dairy, sulphites)	
Tues	Option 1	Option 2
	Selection of pizzas (gluten, pork)	Stuffed peppers with cous cous (pulses, sulphites)
	Served with: Sweetcorn and salad Deli: Cheese (dairy) or ham (pork) wrap or beans jacket Pudding: Flapjack (gluten, dairy, sulphites)	
Wed	Option 1	Option 2
	Spaghetti Bolognese (gluten, sulphites)	Vegetarian Bolognese (gluten, sulphites)
	Served with: Garlic bread (gluten) Deli: Ham (pork) or tuna (fish) wrap or cheese (dairy) jacket Pudding: Custard biscuits (dairy, gluten)	
Thurs	Option 1	Option 2
	Roast turkey and Yorkshire pudding (gluten, celery, mustard)	Lentil roast (sulphites, gluten, egg, pulses)
	Served with: Roast potatoes and seasonal vegetables Deli: Ham (pork) or cheese (dairy) wrap or tuna (fish) jacket Pudding: Iced yoghurts (dairy)	
Fri	Option 1	Option 2
	Pork sausage and chips (pork, gluten)	Vegetarian sausage and chips (sulphites, gluten)
	Served with: Peas and baked beans Deli: Cheese (dairy) or ham (pork) wrap or jacket with beans/cheese (dairy) Pudding: Lemon muffins (sulphites, gluten)	

Week 2 (26 Feb, 19 Mar, 23 Apr, 14 May, 11 Jun, 2 Jul)		
Mon	Option 1	Option 2
	Chicken cooked in homemade BBQ sauce (sulphites)	Lentil burger (pulses, gluten)
	Served with: Potato wedges and vegetables Deli: Ham (pork) or tuna (fish) wrap or cheese (dairy) jacket Pudding: Beetroot chocolate brownie (sulphites, gluten, egg)	
Tues	Option 1	Option 2
	Chicken korma (dairy, mustard)	Cheese and onion pasta (dairy, gluten) and baked beans
	Served with: Brown rice Deli: Cheese (dairy) or ham (pork) wrap or beans jacket Pudding: Orange zest shortbread (gluten, sulphites)	
Wed	Option 1	Option 2
	Beef burrito (gluten, sulphites)	Cauliflower cheese (dairy, gluten, sulphites)
	Served with: Selection of salads and garlic bread (gluten, dairy) Deli: Ham (pork) or tuna (fish) wrap or cheese (dairy) jacket Pudding: Carrot cake (gluten, egg, sulphites)	
Thurs	Option 1	Option 2
	Roast pork and Yorkshire pudding (gluten, pork, celery, mustard)	Lentil roast (sulphites, egg, gluten, pulses)
	Served with: Roast potatoes and seasonal vegetables Deli: Ham (pork) or cheese (dairy) wrap or tuna (fish) jacket Pudding: Iced yogurts (dairy) and tray bakes (sulphites, gluten)	
Fri	Option 1	Option 2
	Breaded cod fillet and chips (gluten, fish)	Vegetarian korma with brown rice (sulphites, dairy, mustard)
	Served with: Peas and baked beans Deli: Cheese (dairy) or ham (pork) wrap or jacket with beans/cheese (dairy) Pudding: Strawberry muffins (gluten, sulphites)	

Week 3 (5 Mar, 26 Mar, 30 Apr, 21 May, 18 Jun, 9 Jul)		
Mon	Option 1	Option 2
	Gammon and pineapple (pork, sulphites)	Bean burrito (gluten, sulphites)
	Served with: Mashed potato and beans or sweetcorn Deli: Ham (pork) or tuna (fish) wrap or jacket with cheese/beans (dairy) Pudding: Layton's apple and blackberry crumble (gluten, sulphites) and custard (dairy)	
Tues	Option 1	Option 2
	Chicken fajita (sulphites, gluten)	Red onion and sweetcorn quiche (gluten, egg, sulphites, dairy)
	Served with: Vegetables Deli: Cheese (dairy) or ham (pork) wrap or beans jacket Pudding: Cherry flapjack (gluten, sulphites)	
Wed	Option 1	Option 2
	All day brunch (gluten, pork)	Homemade chickpea and sweet potato curry (pulse, sulphite, dairy)
	Served with: Baked beans and tomatoes Deli: Ham (pork) or tuna (fish) wrap or jacket with beans/cheese (dairy) Pudding: Apple crunch (gluten, sulphites)	
Thurs	Option 1	Option 2
	Roast beef and Yorkshire pudding (gluten, celery, mustard)	Lentil roast (sulphites, egg, gluten, pulses)
	Served with: Roast potatoes and seasonal vegetables Deli: Ham (pork) or cheese (dairy) wrap or tuna (fish) jacket Pudding: Iced yogurts (dairy) and tray bakes (sulphites, gluten)	
Fri	Option 1	Option 2
	Fish fingers and chips (gluten, fish, sulphites)	Macaroni cheese and garlic bread (gluten, dairy)
	Served with: Peas and baked beans Deli: Cheese (dairy) or ham (pork) wrap or jacket with beans/cheese (dairy) Pudding: Blueberry muffins (gluten, sulphites)	

