

LUNCH MENU

WEEKS 1/9 & 21/9 & 12/10

MONDAY

Dish of the day

Chicken and Courgette pasta bake
with Arrabiata sauce
(gluten, dairy)

Vegetarian dish of the day

Crispy Topped Mac'N'Cheese
(gluten, dairy)

Sides

Garlic Bread (gluten)
Peas
Broccoli

Dessert

Jam doughnut
(gluten)
(may contain egg, dairy, soya,

TUESDAY

Vegetarian day

Root vegetable and lentil cottage
pie with Swede and Potato topping

Jacket potato with
Cheese and Beans
(Dairy)

Sides

Corn on the cob

Dessert

Retro sprinkle cake with custard
(gluten, dairy, egg, soya)

WEDNESDAY

Dish of the day

Classic Bangers and mash with
onion gravy
(sulphites) (may contain dairy,
soya, mustard, celery)

Vegetarian dish of the day

Veggie fritters with Mash and
gravy (gluten)

Sides

Buttered Mash
Pan fried savoy
Roasted Broccoli

Dessert

Lemon Drizzle Flapjack

THURSDAY

Dish of the day

Hoi Sin Chicken with broccoli and
peppers (gluten, soya, sesame)

Vegetarian dish of the day

Sweet Chilli Aubergine Stir fry
with broccoli and peppers
(gluten)

Sides

Soy noodles (gluten)
Soy & Ginger Green beans (soya)
Roasted ginger carrots
Prawn Crackers (crustaceans)

Dessert

Apple crumble with custard
(gluten, dairy)

FRIDAY

Chip Shop

Battered Cod (gluten, fish)

Homemade Tartar Sauce
(mustard)

Vegetarian dish of the day
GF Battered Quorn Sausage

Sides

Chips
Mushy Peas
Baked Beans
Curry Sauce

Dessert

Chocolate chip sponge with
chocolate sauce
(gluten, dairy, egg, soya)

For allergen information, please ask a member of the team.

LUNCH MENU

WEEKS 7/9&28/9 &19/10

MONDAY

Dish of the day

Chilli pork with peppers and carrots

Vegetarian dish of the day

Five bean chilli with roasted butternut

Sides

Steamed rice
Corn on the cob
Green beans
Nachos / Pea mole

Dessert

Chocolate cake with Caramel buttercream
(gluten, dairy, egg, soya)

TUESDAY

Vegetarian day

Root vegetable stew with white beans

Jacket potato with

Cheese and beans
(dairy)

Sides

Crushed Potatoes
Braised Red Cabbage (sulphites)
Broccoli

Dessert

American pancakes with berries and cream (gluten, dairy, egg)

WEDNESDAY

Dish of the day

Chicken chow mein with beansprouts and peppers
(gluten, soya)

Vegetarian dish of the day

Tofu Chow mein with beansprouts and peppers (gluten, soya)

Side

Soy and ginger noodles
(gluten, dairy)
Stir-fry Veggies
Chilli Courgettes
Prawn crackers (crustaceans)

Dessert

Hot syrup sponge with custard
(gluten, dairy, egg, soya)

THURSDAY

Dish of the day

Sausage & Pepper Pasta Bake
(gluten, sulphites) (may contain dairy, soya, mustard, celery)

Vegetarian dish of the day

Vegetable & lentil Lasagne
(gluten, dairy)

Sides

Roasted Aubergine
Roasted carrots
Garlic Bread (gluten)

Dessert

Oat, Lemon & Rasin Cookie
(gluten, egg)
(may contain dairy, soya)

FRIDAY

Chip Shop

Jumbo fish finger (gluten, fish)

Homemade Tartar Sauce
(mustard)

Vegetarian dish of The day

Mushroom & halloumi burger
(gluten, dairy)

Sides

Chips
Mushy Peas
Baked Beans
Curry Sauce

Desserts

Strawberry cheesecake
(gluten, dairy)

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LUNCH MENU

WEEKS 14/9 & 5/10

MONDAY

Dish of the day

Butchers Sausages & Yorkshire pudding

(gluten, dairy, egg, sulphites)

(may contain dairy, soya, mustard, celery)

Vegetarian dish of the day

Vegan Sausages & Yorkshire pudding

(gluten, dairy, egg, soya)

Sides

Roast Onion Gravy

Mashed Potato

Fine beans

Pan Fried Cabbage

Dessert

Jam & Coconut Sponge

(gluten, dairy, egg, soya)

TUESDAY

Dish of the day

Chicken Korma

Vegetarian dish of the day

Sweet potato, spinach and chickpea curry

Sides

Turmeric & Chickpea Rice

Cauliflower Aloo

Bombay potatoes

Naan Bread (gluten)

Dessert

Chocolate & Pear sponge with custard

(gluten, dairy, egg, soya)

WEDNESDAY

Vegetarian day

Creamy Squash, Pepper & Sage

Fusilli (gluten, dairy)

Jacket potato with Cheese and beans

(dairy)

Sides

Garlic Bread (gluten)

Sweetheart cabbage

Garlic Spinach & Borlotti Beans

Dessert

Autumn berry cake , Lemon Icing

(gluten, dairy, egg, soya)

THURSDAY

Dish of the day

Korean BBQ Pork & Spring Onion

Vegetarian dish of the day

Katsu Tofu (soya)

Sides

Chop Suey Noodles (gluten, soya)

Prawn crackers (crustaceans)

Asian stir-fry (soya)

Chilli broccoli

Dessert

Chocolate cookies (gluten, dairy, egg, soya)

(gluten, dairy, egg, soya)

FRIDAY

Chip Shop

Battered Cod (gluten, fish)

Homemade Tartar Sauce

(mustard)

Vegetarian dish of The day

Pea and feta fritters

Sides

Chips

Mushy Peas

Baked Beans

Curry Sauce

Dessert

Lemon and poppy seed cake

(gluten, dairy, egg, soya)

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