

WHAT'S FOR LUNCH?

WEEK 1

AUTUMN MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	PENNE PASTA WITH TOMATO BASIL SAUCE Gluten	CHICKEN & LEEK PIE Sulphur, Milk, Gluten, Celery, Eggs	HOMEMADE POPEYE PIZZA Gluten, Milk	CHICKEN SAUSAGES WITH ONION GRAVY PARSNIP AND CARROT MASH Gluten, Milk, Celery	FISH OF THE DAY Fish, Eggs, Gluten
OPTION 2	BLACKEYE BEANS WITH SWEET POTATOES	VEGETARIAN PIE CARROTS, BUTTERNUT SQUASH, PEAS Gluten, Milk	WARM ASIAN BROCCOLI AND NOODLE SALAD Soya, Eggs	VEGETARIAN SAUSAGES WITH ONION GRAVY Sulphite, Gluten, Celery	CORN FRITTERS WITH CORIANDER AND SPRING ONION SERVED WITH MINT YOGURT Gluten, Milk
SIDES Where main includes, portion will be offered as optional extra	WHOLEMEAL GARLIC BREAD Gluten	BLOOMER SLICES Gluten	CHERRY TOMATOES WITH OLIVE OIL AND BALSAMIC VINEGAR Sulphites	PICKLED CUCUMBER WITH FENNEL SEEDS Sulphites WHOLEMEAL BAGUETTE Gluten	SKIN ON CHIPS, TARTARE SAUCE HOMEMADE KETCHUP Eggs, Sulphites, Soy
VEGETABLES	STEAMED FRENCH BEANS	ROASTED CARROTS	ROSEMARY AND GARLIC BROCCOLI	HONEY MUSTARD BUTTERNUT SQUASH Mustard	GARDEN GREEN PEAS HOMEMADE BAKED BEANS Soy, Sulphites
EXTRAS	Greek Yogurt with Honey & Fruit Served Daily Tuesday CHOCOLATE CAKE with CUSTARD / Thursday APPLE CRUMBLE EGGS, GLUTEN & MILK				



Wherever possible, all food is homemade on site from local, British ingredients. Allergen free options will always be available

WHAT'S FOR LUNCH?

WEEK 2

AUTUMN MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN (OPTION 1)

MAC N CHEESE WITH
TOASTED BUCKWHEAT
AND CRISPY ONIONS
Gluten, Milk

CHICKEN TIKKA
MASALA
Sulphites, Milk

VEGETARIAN
SPAGHETTI BOLOGNESE
WITH PUY LENTILS AND
SQUASH
Gluten

JERK CHICKEN THIGHS
WITH RICE AND PEAS

FISH OF THE DAY
Fish, Gluten, Eggs

MAIN (OPTION 2)

VEGETABLE CHILLI
WITH SWEET
POTATOES
Sulphites

AUBERGINE CURRY
WITH SPINACH
Sulphites

SQUASH AND RED
LENTIL DHAL

VEGETARIAN
RATATOUILLE
Sulphites

ROASTED VEGETABLES
IN TOMATO SAUCE

SIDES

Where main includes,
portion will be offered as
optional extra

SIMPLE BREAD
Gluten

NAAN BREAD
Gluten, Milk
BASMATI RICE

GARLIC BREAD ROLLS
Gluten

ICEBERG SALAD
WITH HONEY MUSTARD
DRESSING
Mustard, Sulphites

SKIN ON CHIPS,
TARTARE SAUCE
HOMEMADE KETCHUP
Eggs, Sulphites, Soy

VEGETABLES

HONEY ROASTED
CAULIFLOWER

GRATED CARROTS
WITH DIJON
MUSTARD
Mustard

SHREDDED KOHLRABI
LEMON AND HERBS

STEAMED BROCCOLI

GARDEN GREEN PEAS
HOMEMADE BAKED
BEANS
Soy, Sulphites

EXTRAS

Greek Yogurt with Honey & Fresh Fruit Available Daily
Tuesday BUTTERNUT SQUASH CAKE **Thursday** BANANA AND CACAO CHIP CAKE
EGGS, MILK & GLUTEN



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