

# LUNCH MENU

The FUTURE of  
**FOOD**

Week 1

## Autumn Menu

<p><b>MONDAY</b></p> <p><b>Meat Free (V)</b> Macaroni Cheese (1)(11)</p> <p>Mediterranean macaroni with tomato and basil sauce</p> <p><b> pudding</b> (3) Fresh Fruit Salad</p>	<p><b>TUESDAY</b></p> <p><b>Main</b> Chicken Curry with rice</p> <p><b>Meat Free (V)</b> Vegetable Curry (3)</p> <p>Potato wedges &amp; Garden Peas</p> <p><b> Pudding</b> Chocolate Brownie (1) (3) (11)</p>	<p><b>WEDNESDAY</b></p> <p><b>Main</b> Roast Turkey</p> <p><b>Meat Free(V)</b> Cheese and onion pie (1) (3) (11)</p> <p>Roast Potatoes &amp; Baton carrot &amp; Rosemary Gravy</p> <p><b> Pudding</b> Honey and cinnamon cake (1) (3) (11)</p>	<p><b>THURSDAY</b></p> <p><b>Main</b> Spaghetti carbonara (1) (11)</p> <p><b>Meat free (V)</b> Veggie ratatouille Broccoli</p> <p><b> Pudding</b> Apple Crumble with vanilla custard (1)(3)</p>	<p><b>FRIDAY</b></p> <p><b>Main</b> Breaded Fish Fingers (3 (2))</p> <p><b>Meat Free(V)</b> Spinach, Quorn &amp; Pumpkin Pie (3) (1)</p> <p>Chunky Chips &amp; Low Salt Baked Beans</p> <p><b> Pudding</b> Fruity Flapjack (1)</p>	<p><b>EVERYDAY</b></p> <p>Salad bar</p> <p>Daily Proteins</p> <p>Tuna</p> <p>Cheese</p> <p>Egg</p>
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Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard  
**\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\***

# LUNCH MENU

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Week 2

## Autumn Menu

**MONDAY**

**Meat Free (V)**  
Jacket Potato with a choice of Baked Beans  
Cheddar Cheese Tuna Coleslaw

Green beans

**Pudding**  
Fresh Fruit Salad

**TUESDAY**

**Main**  
Homemade Chicken Nuggets

**Meat Free (V)**  
Veggie Nuggets

Potato wedges

**Pudding**  
Pancakes with maple syrup  
(1) (3)

**WEDNESDAY**

**Main**  
Beef Stroganoff

**Meat Free(V)**  
Veggie Stroganoff

Fluffy Rice

**Pudding**  
Banana Cake  
(1),(3) (11)

**THURSDAY**

**Main**  
Roasted Chicken

**Meat free (V)**  
Cauliflower Cheese

Potatoes & Broccoli

**Pudding**  
Lemon Drizzle Cake  
(1)

**FRIDAY**

**Main**  
Oven Baked Cod  
(3)

**Meat Free(V)**  
Aubergine & Courgette Mozzarella Stacks with Caramelised Red Onion  
(1)

Chunky Chips & Garden Peas

**Pudding**  
Fruity Flapjack  
(1)

**EVERYDAY**

Salad bar

Daily Proteins

Tuna

Cheese

Egg

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard  
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# LUNCH MENU

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Week 3

## Autumn Menu

<b>MONDAY</b> <b>Meat Free (V)</b> Homemade Pepper & Olive Pizza (3) Green beans & Mixed salad <b> pudding</b> Fresh Fruit Salad	<b>TUESDAY</b> <b>Main</b> Spaghetti Bolognese <b>Meat Free (V)</b> Spaghetti with Mushroom & Cream sauce (1) Mange Tout <b> pudding</b> Chocolate Cake (1)(3)(11)	<b>WEDNESDAY</b> <b>Main</b> Lasagne (1) <b>Meat Free(V)</b> Vegetable Lasagne (1) Batton carrot & Garlic Bread <b> pudding</b> Pear and cinnamon cake (1) (3) (11)	<b>THURSDAY</b> <b>Main</b> Jamaican Jerk Chicken <b>Meat free (V)</b> Lentil Stew New Potatoes <b> pudding</b> Chocolate Tart (1)(3)	<b>FRIDAY</b> <b>Main</b> Breaded Fish Fingers (3) <b>Meat Free(V)</b> Vegetable Frittatas Chunky Chips & Garden Peas <b> pudding</b> Fruity Flapjack (1)	<b>EVERYDAY</b> Salad bar Daily Proteins Tuna Cheese Egg
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**\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\***