

# LUNCH MENU

Week 1

The FUTURE of  
**FOOD**

## Autumn Menu

### MONDAY

**Meat Free (V)**  
Macaroni Cheese  
(milk)(gluten)

Mediterranean macaroni with tomato  
and basil sauce

(gluten)

**Pudding**  
Fresh Fruit Salad

### TUESDAY

**Main**  
Chicken Curry with rice

**Meat Free (V)**  
Vegetable Curry

Potato wedges & Garden Peas

**Pudding**  
Chocolate Brownie  
(milk) (gluten) (eggs)

### WEDNESDAY

**Main**  
Roast Turkey

**Meat Free(V)**  
Cheese and onion pie  
(milk) (gluten) (eggs)  
Roast Potatoes & Batton carrot & Rosemary gravy

**Pudding**  
Honey and cinnamon cake  
(milk) (gluten) (eggs)

### THURSDAY

**Main**  
Spaghetti carbonara  
(milk) (gluten)

**Meat free (V)**  
Veggie ratatouille  
Broccoli

**Pudding**  
Apple Crumble with vanilla custard  
(milk)(gluten)

### FRIDAY

**Main**  
Breaded Fish Fingers  
(gluten) (fish)

**Meat Free(V)**  
Spinach, Quorn & Pumpkin Pie  
(gluten) (milk)  
Chunky Chips & Low Salt Baked Beans

**Pudding**  
Fruity Flapjack  
(milk)

### 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

**\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\***

# LUNCH MENU

The FUTURE of  
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Week 2

## Autumn Menu

### MONDAY

#### Meat Free (V)

Jacket Potato with a choice of Baked Beans  
Cheddar Cheese Tuna Coleslaw  
(milk)(fish)  
Green beans

#### Pudding

Fresh Fruit Salad

### TUESDAY

#### Main

Homemade Chicken Nuggets  
(gluten)(egg)  
**Meat Free (V)**  
Veggie Nuggets  
(gluten)(eggs)

Potato wedges

#### Pudding

Pancakes with maple syrup  
(milk) (gluten)

### WEDNESDAY

#### Main

Beef Stroganoff  
(milk)  
**Meat Free(V)**  
Veggie Stroganoff

Fluffy Rice

#### Pudding

Banana Cake  
(gluten) (milk) (eggs)

### THURSDAY

#### Main

Roasted Chicken

#### Meat free (V)

Cauliflower Cheese  
(milk)  
Potatoes & Broccoli

#### Pudding

Lemon Drizzle Cake  
(milk)(eggs)(gluten)

### FRIDAY

#### Main

Oven Baked Cod  
(fish)

#### Meat Free(V)

Aubergine & Courgette Mozzarella Stacks with Caramelised  
Red Onion  
(milk)

Chunky Chips & Garden Peas

#### Pudding

Fruity Flapjack  
(milk)

### 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

Week 3

The FUTURE of  
**FOOD**

## Autumn Menu

### MONDAY

#### Meat Free (V)

Veg Pizza  
(gluten)(milk)

Pizza margherita  
(milk)(gluten)  
Green beans & Mixed salad

#### pudding

Fresh Fruit Salad

### TUESDAY

#### Main

Spaghetti Bolognese  
(gluten)

#### Meat Free (V)

Spaghetti with Mushroom & Cream sauce  
(milk) (gluten)  
Mange Tout

#### pudding

Chocolate Cake  
(milk)(gluten)(eggs)

### WEDNESDAY

#### Main

Lasagne  
(milk)(gluten)

#### Meat Free(V)

Vegetable Lasagne  
(gluten)(milk)  
Batton carrot & Garlic Bread  
(gluten)(milk)

#### pudding

Pear and cinnamon cake  
(milk) (gluten) (eggs)

### THURSDAY

#### Main

Jamaican Jerk Chicken with rice

#### Meat free (V)

Lentil Stew

New Potatoes

#### pudding

Sticky Toffee Pudding  
(gluten)(milk)(eggs)

### FRIDAY

#### Main

Breaded Fish Fingers  
(gluten)(fish)

#### Meat Free(V)

Vegetable Frittatas  
(eggs)  
Chunky Chips & Garden Peas

#### pudding

Fruity Flapjack  
(milk)

### 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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