

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

Week 2

Autumn Menu

The FUTURE of
FOOD

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

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE

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

MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE