

LUNCH MENU WEEK 2

07/09/26

16/11/26

28/09/26

07/12/26

19/10/26

	MAINS	VEGETARIAN	SIDES	VEG/SALAD	DESSERT
MONDAY	THE SPUD BAR JACKET POTATOES WITH A CHOICE OF VARIOUS TOPPINGS PLEASE ASK FOR ALLERGENS			SALAD BAR PLEASE ASK FOR ALLERGENS	APPLE CRUMBLE Gw CUSTARD M
TUESDAY	CHICKEN FAJITAS Gw	QUORN FAJITAS Gw MAY CONTAIN Mu	SOUR CREAM, M CHEESE M	BLACKBEAN SALAD Su MAY CONTAIN Gw	FRUITY FLAPJACK Go, M MAY CONTAIN Gw, Gb
WEDNESDAY	BEEF KEEMA CURRY MAY CONTAIN Gw	QUORN AND VEGETABLE KEEMA MAY CONTAIN Gw, Mu	CHAPATTI Gw, SPELT, KAMUT 50/50 RICE	KACHUMBER SALAD (Indian salad made with cucumbers, tomatoes, onions and herbs) Su	CINNAMON SQUASH CAKE Gw, E, CUSTARD M
THURSDAY	ROAST CHICKEN & YORKSHIRE PUDDING Gw, E, M	NUTLESS ROAST Gw, E & YORKSHIRE PUDDING Gw, E, M	ROAST POTATOES	SEASONAL VEGETABLES	MERINGUE AND FRUIT POTS M, E
FRIDAY	BREADED CHICKEN GOUJONS Gw MAY CONTAIN S	CHEESE OMELETTE E, M	CHIPS	BAKED BEANS	LEMON BLONDIE Gw, E

JACKET POTATOES AVAILABLE DAILY
PASTA BAR AVAILABLE DAILY
FRUIT POTS AVAILABLE DAILY

ALLERGENS:
Gw- GLUTEN WHEAT
Go- GLUTEN OATS
Gb- GLUTEN BARLEY
Gr- GLUTEN RYE
M - MILK

E - EGG
S - SOYA
F - FISH
Mu - MUSTARD
Su- SULPHITES
N - NUTS

SS - SESAME SEEDS
P - PEANUTS
C - CELERY
CR - CRUSTACEANS