

LUNCH MENU WEEK 3

14/09/26

05/10/26

02/11/26

02/11/26

23/11/26

14/12/26

	MAINS	VEGETARIAN	SIDES	VEG/SALAD	DESSERT
MONDAY	SAUSAGE Gw, Su GRAVY	QUORN PRO VEGAN SAUSAGE Gw	MASHED POTATO	ROASTED VEGETABLES	APPLE CRUMBLE Gw CUSTARD M
TUESDAY	STICKY CHICKEN (SERVED IN A FLATBREAD) Su, S, Gw, SPELT, KAMUT	STICKY QUORN PIECES AND VEGETABLES (SERVED IN A FLATBREAD) Su, S, Gw, SPELT, KAMUT MAY CONTAIN Mu	POTATO SALAD E, Mu, Su	SWEETCORN SALAD Su	FRUITY FLAPJACK Go, M MAY CONTAIN Gw, Gb
WEDNESDAY	CHICKEN BALTI MAY CONTAIN Gw	VEGETABLE AND CHICKPEA BALTI MAY CONTAIN Gw	50/50 RICE	RED LENTIL, BUTTERNUT & SPINACH DAHL MAY CONTAIN Gw	CINNAMON SQUASH CAKE Gw, E, CUSTARD M
THURSDAY	ROAST PORK &YORKSHIRE PUDDING Gw, E, M GRAVY	NUTLESS ROAST Gw, E YORKSHIRE PUDDING Gw, E, M GRAVY	ROAST POTATOES	SEASONAL VEGETABLES	MERINGUE AND FRUIT POTS M, E
FRIDAY	BREADED CHICKEN MINI FILLET 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