

# LUNCH MENU

WEEK COMMENCING: 24.04, 15.05, 03.06, 24.06.



## MONDAY

Pasta Arabiatta (with olives, red kidney beans  
and basil  
(wheat))  
Broccoli & caramelised onion quiche  
(egg, wheat, milk, mustard)  
Popcorn cauliflower  
(wheat)  
Fresh fruit salad  
Orange jelly

## TUESDAY

Madras chicken curry  
(mustard)  
Chickpea and lentil curry  
(soya, mustard)  
Steamed rice  
Caramelised carrots  
Naan Bread  
(milk, wheat)  
Yoghurt & fruits  
(milk)

## WEDNESDAY

Chicken sausages with thyme gravy  
(wheat, sulphites)  
Vegetarian Quorn sausages with  
thyme gravy  
(egg, wheat)  
Creamy mash  
(milk)  
Broccoli & sweetcorn  
Creamy rice pudding with apricot  
sauce  
(milk)

## THURSDAY

Chicken teriyaki with pineapple  
rice  
(wheat, barley, soya, egg)  
Vegetarian curry with steamed  
rice  
(soya, mustard)  
Steamed peppers & savoy cabbage  
Yoghurt & Fruits  
(milk)

## FRIDAY

Fish goujons, tartare sauce and  
lemon wedges  
(milk, wheat, fish, egg, mustard)  
Chunky chips  
Quorn & black bean quesadillas  
(milk, egg, wheat, sulphites)  
Glendower mess  
(egg, milk)

## EVERYDAY

Freshly sliced fruits  
Crudites sticks  
Salad bar  
Homemade bread (wheat)  
Jacket potato, baked beans  
Yoghurt  
(milk)

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\*