

LUNCH MENU

WEEK COMMENCING: 18.09, 09.10, 30.10, 20.11, 11.12.



MONDAY

Cream of tomato and soya mince with penne
pasta
(milk, wheat, soya)
White bean ragu
Sauteed green beans
Yoghurt and fruit toppings
(milk)

TUESDAY

Slow cooked pulled chicken
Steamed paprika rice
Nachos
Spiced chickpea wraps
(wheat)
Mexican slaw
Strawberry yoghurt
(milk)

WEDNESDAY

Pasta bolognese
(wheat)
Stir-fry vegetables
with egg noodles
(egg, wheat, soya)
Tossed salad
Vanilla sponge
(egg, wheat)

THURSDAY

Cottage pie
(milk)
Lentil and quorn cottage pie
(milk, wheat)
Steamed broccoli
Yoghurt with apple compote
(milk)

FRIDAY

Fish & chips
(egg, wheat)
Mushroom and spinach
wellington
(milk, wheat, egg)
Peas & sweetcorn
Chocolate brownie
(egg, milk, wheat, soya)

EVERYDAY

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

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

