

LUNCH MENU

WEEK COMMENCING: 11.09, 02.10, 23.10, 13.11, 04.12.



The FUTURE of
FOOD

MONDAY

Pasta Arabiatta (with olives, red kidney beans
and basil
(wheat)
Carmelised onion and broccoli tart
(egg, wheat, milk)
Popcorn cauliflower
(wheat)
Strawberry jelly

TUESDAY

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

WEDNESDAY

Chicken sausages with thyme gravy
(wheat, sulphites)
Vegetarian sausages with thyme
gravy
(egg, wheat, milk,)
Creamy mash
(milk)
Broccoli & sweetcorn
Carrot cake
(wheat, egg)

THURSDAY

Chicken tagine
(sulphites)
Turmeric cous cous
(wheat)
Vegetarian tagine
(sulphites)
Roasted cauliflower & squash
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)
Chocolate brownie
(egg, wheat, milk, 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

