

# WHAT'S FOR LUNCH?

## Autumn Week 1

|                                                                                        | MONDAY                                                                                             | TUESDAY                                          | WEDNESDAY                                | THURSDAY                   | FRIDAY                                                                     |
|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------|------------------------------------------|----------------------------|----------------------------------------------------------------------------|
| MAIN                                                                                   | Vegetable Pizza<br>SOY, WHEAT & MILK                                                               | Sweet & Sour Chicken<br>CELERY, SULPHUR          | Beef Stew<br>CELERY                      | Chicken Curry<br>SULPHUR   | Panko Crumbed Fresh Fish of the Day<br>FISH, EGGS, GLUTEN (WHEAT)          |
| MAIN (V)                                                                               | As Main                                                                                            | Sweet & Sour Vegetable Medley<br>CELERY, SULPHUR | Vegetable & Chickpea Stew<br>CELERY      | Vegetable Curry<br>SULPHUR | Spiced Vegetable Patties<br>CELERY, EGG, GLUTEN (WHEAT)                    |
| SIDES<br><small>Where main includes, portion will be offered as optional extra</small> | Homemade Garlic Bread<br>GLUTEN (WHEAT)                                                            | Plain rice                                       | Roasted Potatoes                         | Plain Rice                 | Skin on Chips<br>Tartare Sauce with Capers & Cornichons<br>EGGS & SULPHITE |
| VEGETABLES                                                                             | Mini Corn on the Cob                                                                               | Broccoli                                         | Honey Roasted Carrots                    | Curried Cauliflower        | Crushed Peas                                                               |
| SALAD BAR                                                                              | Salad bar available daily – includes freshly prepared salad, salad pickles, coleslaw, potato salad |                                                  |                                          |                            |                                                                            |
| FRUIT                                                                                  | Fresh Fruit Platter available daily                                                                |                                                  |                                          |                            |                                                                            |
| DESSERT                                                                                | Rice Pudding-EGGS, GLUTEN (WHEAT) & MILK                                                           |                                                  | Shortbread Biscuits-EGGS, GLUTEN (WHEAT) |                            |                                                                            |
|                                                                                        | Yoghurt & Honey available daily-MILK                                                               |                                                  |                                          |                            |                                                                            |

### Weeks Commencing:

Autumn 1 = 2nd, 14th, 28th September and 12th October

Autumn 2 = 2nd, 16th, 30th November and 14th December

Wherever possible, all food is homemade on site from local, British ingredients. Allergen free options will always be available

# WHAT'S FOR LUNCH?

## Autumn Week 2

|                                                                                        | MONDAY                                                                                             | TUESDAY                              | WEDNESDAY                               | THURSDAY                                         | FRIDAY                                                                     |
|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------|-----------------------------------------|--------------------------------------------------|----------------------------------------------------------------------------|
| MAIN                                                                                   | Sweet Potato, Pea & Chickpea Curry with Coconut Milk                                               | Beef Ragu<br>SOY & GLUTEN            | Vegetable Lasagne<br>CELERY             | Jerk Chicken (boneless thighs)<br>SULPHITES      | Panko Crumbed Fresh Fish of the Day<br>FISH, EGGS, GLUTEN (WHEAT)          |
| MAIN (V)                                                                               | As above                                                                                           | Quorn Ragu<br>SOY & GLUTEN           | As above                                | Jerk Halloumi<br>MILK & SULPHITES                | Spiced Vegetable Patties<br>CELERY, GLUTEN (WHEAT)                         |
| SIDES<br><small>Where main includes, portion will be offered as optional extra</small> | Brown Rice<br>Wholemeal Bread<br>GLUTEN (WHEAT)                                                    | Spaghetti or Pasta<br>GLUTEN (WHEAT) | Homemade garlic bread<br>GLUTEN (WHEAT) | Jollof Rice<br>Wholemeal Bread<br>GLUTEN (WHEAT) | Skin on Chips<br>Tartare Sauce with Capers & Cornichons<br>EGGS & SULPHITE |
| VEGETABLES                                                                             | Curried Cauliflower                                                                                | Broccoli                             | Baked beans<br>SULPHITE                 | Smoked Paprika Sweet Corn                        | Mushy Peas                                                                 |
| SALAD BAR                                                                              | Salad bar available daily – includes freshly prepared salad, salad pickles, coleslaw, potato salad |                                      |                                         |                                                  |                                                                            |
| FRUIT                                                                                  | Fresh Fruit Platter available daily                                                                |                                      |                                         |                                                  |                                                                            |
| DESSERT                                                                                | Apple Crumble & Custard-EGGS, GLUTEN (WHEAT) & MILK<br>Yoghurt & Honey available daily -MILK       |                                      |                                         | Raisin Cookies-EGGS, GLUTEN (WHEAT)              |                                                                            |

### **Weeks Commencing:**

Autumn 1 = 7th, 21st September and 5th, 19th October

Autumn 2 = 9th, 23rd November and 7th December

Wherever possible, all food is homemade on site from local, British ingredients. Allergen free options will always be available