

# WHAT'S FOR LUNCH?

## Autumn Week 1

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

### **Weeks Commencing:**

Autumn 1 = 2nd, 16th, 30th September and 14th October

Autumn 2 = 4th, 18th November and 2nd, 16th 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
<b>MAIN</b>	Sweet potato, Pea & Chickpea Curry with Coconut Milk	Beef Ragu GLUTEN	Jacket Potato	Jerk Chicken SULPHITES	Fish Fingers FISH, EGGS, GLUTEN (WHEAT)
<b>MAIN (V)</b>	As above	Quorn Ragu SOY & GLUTEN	As above	Jerk Halloumi MILK & SULPHITES	Veggie Fritters GLUTEN (WHEAT)
<b>SIDES</b> <small>Where main includes, portion will be offered as optional extra</small>	Brown Rice Wholemeal Bread GLUTEN (WHEAT)	Spaghetti or Pasta GLUTEN (WHEAT)	Tuna or Cheese	Jollof Rice Wholemeal Bread GLUTEN (WHEAT)	Skin on Chips
<b>VEGETABLES</b>	Curried Cauliflower	Broccoli	Baked Beans	Smoked Paprika Sweet Corn	Mushy Peas
<b>SALAD BAR</b>	Salad bar available daily – includes freshly prepared salad, salad pickles, coleslaw, potato salad				
<b>FRUIT</b>	Fresh Fruit Platter available daily				
<b>DESSERT</b>	Apple Crumble & Custard Yoghurt & Honey available daily EGGS, GLUTEN (WHEAT) & MILK			Raisin Cookies	

### Weeks Commencing:

Autumn 1 = 9th, 23rd September and 7th, 21st October

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

Autumn 2 = 11th, 25th November and 9th December

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