



Lunch menu – Week 1 weeks commencing 2/9, 30/9, 28/10, 25/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Main-Meal	Sausage and mash with peas, carrots & gravy (DF)	Chicken and bacon pie with gravy & seasonal vegetables	Gammon or chicken with roast potatoes, Yorkshire puddings, gravy & vegetables	Spaghetti bolognaise with garlic bread & sweetcorn (DF)	Pepperoni pizza, chips & beans
Vegetarian	Vegan sausage & mash with peas, carrots & gravy (DF) Jacket potato upon request (GF-DF) Gluten free option available	Creamy vegetable pie with gravy & seasonal vegetables Jacket potato upon request (GF-DF) Gluten free option available	Roasted vegetable open tart OR Jacket potato upon request (GF-DF) Gluten & DF option available	Spaghetti Quorn bolognaise, garlic bread & sweetcorn (DF) Jacket potato upon request (GF-DF) Gluten & DF option available	Margarita pizza chips & beans Jacket potato upon request (GF-DF) Gluten & DF option available
Dessert options	Apple crumble & custard (contains gluten & dairy +egg) Fresh fruit & yogurts	Chocolate cornflake cake (contains gluten, dairy & soya) Fresh fruit & yogurts	Fruit jelly (GF-DF) Fresh fruit & yogurts	Strawberries & cream (contains dairy) Fresh fruit & yogurts	Pip organic ice lolly (GF-DF-egg free) Fresh fruit & yogurts
Salad Bar & other	Self-service freshly prepared salads to include tuna, boiled eggs, sliced ham, pasta, coleslaw, mixed leaves, tomato, cucumber, beetroot, carrots & peppers, condiments & dressings. Jacket potato or Sandwich on request.				

All food freshly cooked using seasonal produce when available.

Menus are subject to change due to seasonality and availability of produce Dietary key GF-gluten free DF- dairy free

Allergy-speak to our kitchen team for help



Lunch menu – Week 2 weeks commencing 9/9, 7/10, 4/11, 2/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Main-Meal	Puff pastry steak bake with new potatoes & seasonal vegetables	Golden chicken nuggets, potato wedges with seasonal vegetables	Gammon or turkey with roast potatoes, Yorkshire puddings, gravy & vegetables	Penne pasta with carbonara, cheese sauce corn on the cob & garlic bread	Beef burger, fish fingers with chips & beans
Vegetarian	Creamy vegetable slice with new potatoes & seasonal vegetables Jacket potato upon request (GF-DF) Gluten & DF option available	Golden vegan nuggets, potato wedges with seasonal vegetables Jacket potato upon request (GF-DF) DF option available	Roasted Quorn fillet with roast potatoes, Yorkshire puddings, seasonal vegetables & gravy Gluten & DF option available	Penne Pasta with cheese sauce, corn on the cob & garlic bread Jacket potato upon request (GF-DF) Gluten & DF option available	Vegan buttermilk style burger Jacket potato upon request (GF-DF) Gluten & DF option available
Dessert options	Chocolate cake (contains gluten, dairy & soybean) Fresh fruit & yogurts	Iced ring doughnuts (contains gluten, dairy, egg) Fresh fruit, yogurts	Fresh fruit salad (GF-DF-V) Fresh fruit & yogurts	Chocolate chip cookie (contains gluten, milk & soybean) Fresh fruit & yogurts	Choc ice (contains, milk & soybean) Fresh fruit & yogurts

Salad bar & other Self-service freshly prepared salads to include tuna, boiled eggs, sliced ham, pasta, coleslaw, mixed leaves, tomato, cucumber, beetroot, carrots & peppers, condiments & dressing. **Jacket potato or Sandwich on request.**

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Lunch Menu – Week 3 weeks commencing 16/9, 14/10, 11/11, 9/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Toad in the hole, mash potato, peas & carrots (DF)	Breaded fish cake, broccoli florets, green beans & salad	Gammon or turkey with roast potatoes, Yorkshire puddings, gravy & vegetables (GF-DF)	Lasagne with garlic bread, broccoli & sweetcorn	Sausage roll, fish fingers with chips & beans
Vegetarian Option	Toad in the hole, mash potato, peas & carrots Jacket potato on request (GF-DF) Gluten & DF option available	Breaded vegetable cake broccoli florets, green beans & salad Jacket potato on request (GF-DF) Gluten & DF option available	Marinated Quorn fillet with roast potatoes, seasonal vegetables & gravy (GF-DF) Gluten & DF option available	Quorn lasagne with garlic bread, sweetcorn & broccoli Jacket Potato on request (GF-DF) Gluten & DF option available	Vegan sausage roll chips & beans Jacket potato upon request (GF-DF) Gluten option available
Dessert	Fruit crumble with custard (contains gluten & dairy)	Mandarin jelly (GF-DF-VG)	Chocolate chip cookie (contains gluten, milk & soybean)	Flap Jack (DF) (Contains Gluten)	Fresh fruit salad (GF-DF-VG)
	Fresh fruit & yogurts	Fresh fruit, yogurts	Fresh fruit & yogurts	Fresh fruit & yogurts	Fresh fruit & yogurts
Salad Bar & other	Self-service freshly prepared salads to include tuna, boiled eggs, sliced ham, pasta, coleslaw, mixed leaves, tomato, cucumber, beetroot, carrots & peppers, condiments & dressings. Jacket potato or Sandwich on request.				

All food freshly cooked using seasonal produce when available.

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Lunch Menu – Week 4 weeks commencing 23/9, 21/10, 18/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken goujon fajita wraps with rice, tomato sauce & roasted vegetables	Baked breaded fish with steamed potatoes & green beans	Gammon or chicken with roast potatoes, Yorkshire puddings, gravy & vegetables (GF-DF)	Cheese tortellini with cheese sauce, tomato sauce, rustic bread & broccoli	Hot dogs (-DF), fish fingers (GF) chips (GF-DF) & beans (GF-DF)
	Quorn veggie nuggets with rice & tortilla chips	Vegan battered fish free with steamed potatoes & green beans	Vegan buffalo wings with roast potatoes, Yorkshire puddings, seasonal vegetables & gravy (DF)	Cheese tortellini with cheese sauce, tomato sauce, rustic bread & broccoli	Moving mountains hot dogs (DF) with chips (GF-DF) & beans (Gf-DF)
Vegetarian	Jacket potato upon request (GF-DF) Gluten free option available	Jacket potato upon request (GF-DF0) Gluten free option available	Jacket potato upon request (GF-DF) Gluten & DF option available	Jacket potato upon request (GF-DF) Gluten & DF option available	Jacket potato upon request (GF-DF) Gluten & DF option available
Dessert option	Chocolate sponge brownie with custard (contains gluten, dairy, egg & soybean) Fresh fruit & yogurts	Frozen yogurt (contains milk) Fresh fruit, yogurts	Fresh fruit salad (GF-DF-V) Fresh fruit & yogurts	Banoffee pie (contains gluten, milk, soybean) Fresh fruit & yogurts	Chocolate mousse (contains dairy) Fresh fruit & yogurts
Salad Bar & other	Self-service freshly prepared salads to include tuna, boiled eggs, sliced ham, pasta, coleslaw, mixed leaves, tomato, cucumber, beetroot, carrots & peppers, condiments & dressings. Jacket potato or Sandwich on request.				

All food freshly cooked using seasonal produce when available.

Menus are subject to change due to seasonality and availability of produce Dietary key GF-gluten free DF- dairy free

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