

# Lunch Menu

Week commencing:  
**16/9/24**

## Monday

### Main Course

Chilli Con Carne  
with Garlic Bread  V  VG  GF  DF  
2 A D H

Roasted Vegetables  
with Griddled Halloumi  V  VG  GF  DF  
A B H

Tomato and Basil  
Pasta  V  VG  GF  DF  
4 7

### Sides

Boiled Rice  V  VG  GF  DF

Charred Broccoli  V  VG  GF  DF

Buttered Courgettes  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF

Steamed Syrup  
Sponge  V  VG  GF  DF  
2 4 7

## Tuesday

### Main Course

Bangers and Mash Pie  V  VG  GF  DF  
7 H J

Mushroom Strogenoff  V  VG  GF  DF  
2 7

Creamy Cheese  
Toastie  V  VG  GF  DF  
2 7

### Sides

Mash Potato  V  VG  GF  DF  
4 7

Hispi Cabbage  V  VG  GF  DF

Peas  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF

Strawberry and Fresh  
Sponge  V  VG  GF  DF  
2 4 7

## Wednesday

### Main Course

Roast Beef and  
Yorkshire Pudding  V  VG  GF  DF  
2 4 7 D

Lemon and Green  
Pesto Lingine  V  VG  GF  DF  
2 7

Mac N Cheese  V  VG  GF  DF  
2 7

### Sides

Roast Potatoes  V  VG  GF  DF

Cauliflower Cheese  V  VG  GF  DF  
2 7

Baton Carrots  V  VG  GF  DF  
7

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF  
7

Apple Flapjack  V  VG  GF  DF  
2 4 7

## Thursday

### Main Course

Sticky Lime & Honey  
Chicken with Slaw  V  VG  GF  DF  
13 9

Arancini with a Warm  
Tomato Sauce  V  VG  GF  DF  
7 A

Vegetable Casserole  
with Cheese Dumpling  V  VG  GF  DF  
2 4 7

### Sides

Pasta  V  VG  GF  DF

Sweetcorn  V  VG  GF  DF

Green Beans  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF  
7

Berry Bakewell Tart  V  VG  GF  DF  
2 4 7

## Friday

### Main Course

Battered Haddock  V  VG  GF  DF  
2 4 7 5

Margarita Pizza  V  VG  GF  DF  
7 A 7

Sweet Potato & Lentil  
Soup with Croutons  V  VG  GF  DF  
7

### Sides

Oven Fries  V  VG  GF  DF

Baked Beans  V  VG  GF  DF

Peas  V  VG  GF  DF

### Dessert

Fresh Fruit  V  VG  GF  DF

Fruit Yogurt  V  VG  GF  DF  
7

Chocolate Cracknell  V  VG  GF  DF  
2 7

**KEY:** V = Vegetarian VG = Vegan GF = Gluten Free DF = Dairy Free

Available every day: Jacket Potato, Salad Bar, Packed Lunch (must be pre-ordered), Fresh Fruit & Yoghurt

**ALLERGENS** (using FSA codes): Celery<sup>1</sup>, Cereals (Gluten)<sup>2</sup>, Eggs<sup>4</sup>, Fish<sup>5</sup>, Milk<sup>7</sup>, Mustard<sup>9</sup>, Nuts<sup>10</sup>, Peanuts<sup>11</sup>, Sesame Seeds<sup>12</sup>, Soya<sup>13</sup>, Sulphites<sup>14</sup>

**INTOLERANCES:** Tomato Products<sup>A</sup>, Capiscum Products<sup>B</sup>, Soft Fruit Products<sup>C</sup>, Beef<sup>P</sup>, Aubergine<sup>E</sup>, Apple<sup>F</sup>, Oranges<sup>G</sup>, Onion<sup>H</sup>, Pork<sup>J</sup>

Please be aware we use all types of feeds in our kitchens. We have eliminated Palm Oil ingredients where currently possible. Substitute menus are available but may be an additional charge.