

WHAT'S FOR LUNCH?

Autumn Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Vegetable Pizza SOY, WHEAT & MILK	Sweet & Sour Chicken CELERY, SULPHUR	Beef Stew CELERY	Chicken Curry SULPHUR	Panko Crumbed Fresh Fish of the Day FISH, EGGS, GLUTEN (WHEAT)
MAIN (V)	As Main	Sweet & Sour Vegetable Medley CELERY, SULPHUR	Vegetable & Chickpea Stew CELERY	Vegetable Curry SULPHUR	Spiced Vegetable Patties CELERY, EGG, GLUTEN (WHEAT)
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Homemade Garlic Bread GLUTEN (WHEAT)	Plain rice	Roasted Potatoes	Plain Rice	Skin on Chips Tartare Sauce with Capers & Cornichons 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 = 1st, 15th, 29th September and 13th October

Autumn 2 = 3rd, 17th November and 1st, 15th 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 SOY & GLUTEN	Vegetable Lasagne CELERY	Jerk Chicken (boneless thighs) SULPHITES	Panko Crumbed Fresh Fish of the Day FISH, EGGS, GLUTEN (WHEAT)
MAIN (V)	As above	Quorn Ragu SOY & GLUTEN	As above	Jerk Halloumi MILK & SULPHITES	Spiced Vegetable Patties CELERY, GLUTEN (WHEAT)
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Brown Rice Wholemeal Bread GLUTEN (WHEAT)	Spaghetti or Pasta GLUTEN (WHEAT)	Homemade garlic bread GLUTEN (WHEAT)	Jollof Rice Wholemeal Bread GLUTEN (WHEAT)	Skin on Chips Tartare Sauce with Capers & Cornichons EGGS & SULPHITE
VEGETABLES	Curried Cauliflower	Broccoli	Baked beans 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 Yoghurt & Honey available daily -MILK			Raisin Cookies-EGGS, GLUTEN (WHEAT)	

Weeks Commencing:

Autumn 1 = 8th, 22nd September and 6th, 20th October

Autumn 2 = 10th, 24th November and 8th December

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