

Lunch Menu

Week commencing:
03/012024

Monday

Main Course

V VG GF DF

V VG GF DF

V VG GF DF

Sides

V VG GF DF

V VG GF DF

V VG GF DF

Dessert

V VG GF DF

V VG GF DF

V VG GF DF

Tuesday

Main Course

V VG GF DF

V VG GF DF

V VG GF DF

Sides

V VG GF DF

V VG GF DF

V VG GF DF

Dessert

V VG GF DF

V VG GF DF

V VG GF DF

Wednesday

Main Course

Roast Chicken V VG GF DF
2 H J

Winter Vegetable Wellington V VG GF DF
✓ ✓ 2 H

Shicken Tikka with Tzatziki in a Wrap V VG GF DF
✓ 2 7

Sides

Roast Potatoes V VG GF DF
✓ ✓ ✓ ✓

Hispi Cabbage V VG GF DF
✓ 2 7

Buttered Carrots V VG GF DF
✓ ✓ ✓ 7

Dessert

Fresh Fruit V VG GF DF
✓ ✓ ✓ ✓

Fresh Yogurt V VG GF DF
✓ ✓ 7

Fruit Crumble V VG GF DF
✓ 2 4 7

Thursday

Main Course

Cottage Pie V VG GF DF
7 D

Vegetarian Stir Fry V VG GF DF

Veggie Sausage Hotpot V VG GF DF

Sides

Steamed Potatoes V VG GF DF
✓ ✓ ✓ ✓

Sweetcorn V VG GF DF
✓ ✓ ✓ ✓

Broccoli V VG GF DF
✓ ✓ ✓ ✓

Dessert

Fresh Fruit V VG GF DF
✓ ✓ ✓

Fruit Yogurt V VG GF DF
✓ ✓

V VG GF DF

Friday

Main Course

Battered Haddock V VG GF DF
2 4 7 5

Baked White Fish with Crispy Bacon V VG GF DF
5 j

Tomato and Basil Pasta with Crumb V VG GF DF

Sides

Oven Chips 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
✓ ✓

V VG GF DF

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): Celery¹, Cereals (Gluten)², Eggs⁴, Fish⁵, Milk⁷, Mustard⁹, Nuts¹⁰, Peanuts¹¹, Sesame Seeds¹², Soya¹³, Sulphites¹⁴

INTOLLERANCES: Tomato Products⁴, Capiscum Products⁹, Soft Fruit Products⁵, Beef⁶, Aubergine⁵, Apple⁶, Oranges⁶, Onion⁴, Pork⁴

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.