

Lunch Menu

Week commencing:

15/1/24

Monday

Main Course

Creamy Chicken & Pancetta Pie ☐ ☐ ☐ ☐ 247H J

Goats Cheese & Chutney Bake ☒ ☐ ☐ ☐ 2

Baked Potato with Beans & Melting Cheese ☐ ☐ ☐ ☐

Sides

Penne Pasta ☒ ☒ ☐ ☒

Mix Vegetables ☒ ☒ ☒ ☒

Buttered Cougettes ☐ ☐ ☐ ☐

Dessert

Fresh Fruit ☐ ☐ ☐ ☐

Fruit Yogurt ☐ ☐ ☐ ☐

Steamed Chocolate Sponge ☒ ☐ ☐ ☐ 247

Tuesday

Main Course

Cottage Pie ☐ ☐ ☐ ☐ 7 D H

Poached Egg with Smashed Avocado ☐ ☐ ☐ ☐ 2 4

Swiss Chard Gratin ☐ ☐ ☐ ☐

Sides

Mash Potato ☒ ☐ ☐ ☒ 47

Ratatouille ☒ ☒ ☒ ☒

Green Beans ☐ ☐ ☐ ☐

Dessert

Fresh Fruit ☐ ☐ ☐ ☐

Fruit Yogurt ☐ ☐ ☐ ☐ 7

Apple Pie ☒ ☐ ☐ ☐ 2 7

Wednesday

Main Course

Roast Beef and Yorkshire Pudding ☐ ☐ ☐ ☐ 247 D

Creamy Baked Gnocchi with Squash & Spinach ☐ ☒ ☐ ☐ 2 7

Cheese Omelette ☐ ☒ ☐ ☐ 2 7

Sides

Roast Potatoes ☒ ☒ ☒ ☒

Hispi Cabbage ☐ ☐ ☐ ☐ 2 7

Buttered Carrots ☒ ☐ ☐ ☒ 7

Dessert

Fresh Fruit ☒ ☒ ☒ ☒

Fruit Yogurt ☐ ☐ ☐ ☒ 7

Bread and Butter Pudding ☐ ☒ ☐ ☐ 27

Thursday

Main Course

Piri Piri Flavoured Breaded Chicken ☐ ☐ ☐ ☐ 247

Vegetarian Lasagne ☐ ☐ ☐ ☐ 27AB H

Three Cheese Pasta ☐ ☒ ☐ ☐

Sides

Herbed Poatoes ☐ ☐ ☐ ☐ 7

Sweetcorn ☒ ☒ ☒ ☒

Broccoli ☒ ☒ ☒ ☒

Dessert

Fresh Fruit ☒ ☒ ☐ ☐

Fruit Yogurt ☐ ☐ ☐ ☒

Courgette ,Lemon & Thyme Cake ☐ ☒ ☐ ☐ 247

Friday

Main Course

Battered Scampi ☐ ☐ ☐ ☐ 2 4 7 5

Burnt Aubergine Veggie Chilli ☐ ☐ ☐ ☐ 5 j

Vegetarian Samosa with Curry Sauce ☐ ☒ ☐ ☐ 2

Sides

Oven Chips ☒ ☒ ☒ ☒

Baked Beans ☒ ☒ ☒ ☒

Peas ☒ ☒ ☒ ☒

Dessert

Fresh Fruit ☒ ☒ ☒ ☒

Fruit Yogurt ☐ ☐ ☐ ☒

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

INTOLERANCES: Tomato Products⁴, Capiscum Products⁹, Soft Fruit Products⁵, Beef⁶, Aubergine⁵, Apple⁶, Oranges⁶, Onion¹¹, 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.