## Lunch Menu

| Monday |  |
| :---: | :---: |
| Main Course |  |
| Chilli Con Carne served with Nachos | v vg gf dF |
| Baked Stuffed Pepper with Cheesy Nachos | $\mathrm{V} \text { vg GF DF }$ $\nabla$ $27$ |
| Mushroom Strogenoff on Crusty Toast | v vg gf dF |
| Sides |  |
| Buttery Pasta |  |
| Mix Vegetables |  |
| Buttered Cougettes | $v$ vg GF DF <br> $\checkmark$ V $\checkmark$ |
| Dessert |  |
| Fresh Fruit v vg gF dF |  |
| Fruit Yogurt | $\begin{aligned} & V \text { vg GF dF } \\ & \nabla \quad \square \end{aligned}$ |
| Double Chocolate | $\begin{aligned} & V \text { vg gF dF } \\ & \nabla \end{aligned}$ |
| Steamed Sponge | 247 |


| Tuesday |  |
| :---: | :---: |
| Main Course |  |
| Slices of Pork Loin with Creamy Sage Sauce | v vg gF dF <br> 247 |
| Lentil Cake with Tangy Sauce | v vg gf dF V <br> $\begin{array}{r}\square \\ \hline 247\end{array}$ <br> 247 |
| Cauliflower Steak | v vg gF dF |
| Sides |  |
| Tagliatelle |  |
| Ratatouille | v vg gf dF <br>  |
| Green Beans |  |
| Dessert |  |
| Fresh Fruit | v vg GF dF |
| Fruit Yogurt | $\begin{array}{c\|c} V & \text { vg GF dF } \\ \checkmark & \square \end{array}$ |
| Apple Fritters | $\mathrm{v} \text { vg GF } \mathrm{DF}$ $\nabla$ |


| Mednesoay | Thunsoay |  |
| :---: | :---: | :---: |
| Main Course | Main Course |  |
| Roast Gammon Ham with Yorkshire Pudding | Tandoori Chicken | v vg gF dF <br> 27 HJ |
| Spanakopita $\square$ <br> 27 | Onion Bhajis served with Curry Sauce | v vg gF dF <br> 2 13H |
|  v vg gF dF  <br> Tomato and Basil $\checkmark$  <br> Pasta  27 A | Courgette and Feta Bake | v vg gf df HJ |
| Sides | Sides |  |
|  | Vegetable Wholemeal Rice |  |
|  | Sweetcorn | v vg gf df <br>  |
|  | Broccoli | v vg gF dF <br>  |
| Dessert | Dessert |  |
|  V vg GF  <br> Fresh Fruit     <br>  $\checkmark$ $\checkmark$ $\square$ $\checkmark$ | Fresh Fruit | v vg gf dF $\nabla$ \\| $\nabla$ |
| Fruit Yogurt | Fruit Yogurt | V vg GF dF |
|  | Coconut and Cherry <br> Banana Bread | $\begin{array}{c\|c} V & \text { VG } \\ \begin{array}{ll}  & \\ \hline \end{array} & \\ \hline \end{array}$ |


| Friday |  |
| :---: | :---: |
| Main Course |  |
| Battered Haddock | $V \text { vg GF DF }$ |
|  | 2475 |
| Homemade Sausage Roll with Chutney | v vg gF dF $27 \mathrm{~A}$ |
| Jumbo Fish Finger | v vg gf dF 24475 |
| Sides |  |
| Oven Chips | v vg gF dF |
| Baked Beans v vg gr df |  |
| v vg GF DF <br> Peas |  |
| Dessert |  |
| Fresh Fruit | $v$ vg gf dF |
| Fruit Yogurt | $\begin{aligned} & \mathrm{V} \text { vg of dF } \\ & \nabla \quad \square \end{aligned}$ |
| Jam Doughnut | v vg gf df V <br> 57 |

KEV: $\mathbf{V}=$ Vegetarian $\mathbf{V G}=$ Vegan $\mathbf{G F}=$ Gluten Free $\mathbf{D F}=$ Dairy Free
Available every day: Jacket Potato, Salad Bar, Packed Lunch (must be pre-ordered), Fresh Fruit \& Yoghurt
ALLERGENS (using FSA codes): Celery ${ }^{1}$, Cereals (Gluten) ${ }^{2}$, Eggs ${ }^{4}$, Fish $^{5}$, Milk ${ }^{7}$, Mustard ${ }^{9}$, Nuts ${ }^{10}$, Peanuts ${ }^{11}$, Sesame Seeds ${ }^{12}$, Soya ${ }^{13}$, Sulphites ${ }^{14}$

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.

