

Lunch Menu

Week commencing:

8/12/25

Monday

Main Course

Chicken Tagine with Olives and Pomegranate ☒ V ☐ VG ☐ GF ☐ DF 2H

Vegetarian Lasagne and Garlic Bread ☒ V ☐ VG ☐ GF ☐ DF 27

Tomato and Basil Pasta with Garlic Bread ☒ V ☐ VG ☐ GF ☐ DF 27

Sides

Herbed Potatoes ☒ V ☐ VG ☐ GF ☐ DF 7

Hispi Cabbage ☐ V ☐ VG ☐ GF ☐ DF

Buttered Courgettes ☐ V ☐ VG ☐ GF ☐ DF

Dessert

Fresh Fruit Salad ☒ V ☒ VG ☒ GF ☒ DF

Fruit Yogurt ☒ V ☐ VG ☐ GF ☐ DF 7

Steamed Syrup Sponge ☐ V ☐ VG ☐ GF ☐ DF 247

Tuesday

Main Course

Cottage Pie ☒ V ☐ VG ☐ GF ☐ DF 7

Vegetable and Tofu Stir-fry ☒ V ☐ VG ☐ GF ☐ DF 27H

Baked Potato with Melting Cheese Beans ☐ V ☐ VG ☐ GF ☐ DF 7

Sides

Curly Fries ☒ V ☒ VG ☒ GF ☒ DF

Sweetcorn ☐ V ☐ VG ☐ GF ☐ DF

Mix Vegetables ☐ V ☐ VG ☐ GF ☐ DF

Dessert

Fresh Fruit Salad ☒ V ☒ VG ☒ GF ☒ DF

Fruit Yogurt ☒ V ☐ VG ☐ GF ☐ DF 7

Panna Cotta ☐ V ☐ VG ☐ GF ☐ DF 247

Wednesday

Main Course

Roast Loin of Pork and Apple Sauce ☒ V ☐ VG ☐ GF ☒ DF

Roast Feta with Roasted Vegetable Antipasti ☒ V ☐ VG ☐ GF ☐ DF 247

Cheese Omelette ☐ V ☐ VG ☐ GF ☐ DF 247

Sides

Roast Potatoes ☒ V ☒ VG ☒ GF ☒ DF

Braised Red Cabbage ☐ V ☐ VG ☐ GF ☐ DF

Green Beans ☐ V ☐ VG ☐ GF ☐ DF

Dessert

Fresh Fruit Salad ☒ V ☒ VG ☒ GF ☒ DF

Fruit Yogurt ☒ V ☐ VG ☐ GF ☐ DF 7

Apple Strudel ☐ V ☐ VG ☐ GF ☐ DF 247

Thursday

Main Course

Beef Stroganoff ☒ V ☐ VG ☐ GF ☐ DF 7ABDH

Paneer and Pea Fritter ☒ V ☐ VG ☐ GF ☐ DF 247

Glamorgan Sausages with Herbed Potatoes ☐ V ☐ VG ☐ GF ☐ DF 254

Sides

Steamed Mix Vegetable Rice ☒ V ☐ VG ☐ GF ☒ DF 7

Mushrooms ☒ V ☒ VG ☒ GF ☒ DF

Spaghetti Hoops ☒ V ☐ VG ☐ GF ☐ DF

Dessert

Fresh Fruit Salad ☒ V ☒ VG ☒ GF ☒ DF

Fruit Yogurt ☒ V ☐ VG ☐ GF ☐ DF 7

Brioche Bread and Butter Pudding ☒ V ☐ VG ☐ GF ☐ DF 247

Friday

Main Course

Battered Cod ☐ V ☐ VG ☐ GF ☐ DF 54H

Hoki Loin with Bacon and Mushroom Risotto ☒ V ☐ VG ☐ GF ☐ DF 2475

Creamy Smoked Ham Pasta ☐ V ☐ VG ☐ GF ☐ DF 27

Sides

Fries ☒ V ☒ VG ☒ GF ☒ DF

Baked Beans ☒ V ☒ VG ☒ GF ☒ DF A

Peas ☒ V ☒ VG ☒ GF ☒ DF

Dessert

Fresh Fruit Salad ☒ V ☒ VG ☒ GF ☒ DF

Fruit Yogurt ☒ V ☐ VG ☐ GF ☐ DF 7

Chocolate Cracknell ☒ V ☐ VG ☐ GF ☐ DF 247

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, 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.