

# Lunch Menu

Week commencing:

12/01/2026

## Monday

### Main Course

Sticky Honey and Soy Chicken ☐ ☒ ☒ ☒ 13

Sausage Kale & Gnocchi One-Pot ☐ ☒ ☒ ☒

Lentil Dahl ☐ ☒ ☒ ☒

### Sides

Vegetable Rice ☒ ☒ ☒ ☒

Mix Vegetables ☐ ☒ ☒ ☒

Ratatouille ☐ ☒ ☒ ☒

### Dessert

Fresh Fruit Salad ☐ ☒ ☒ ☒

Fruit Yogurt ☐ ☒ ☒ ☒

Carrot Cake ☐ ☒ ☒ ☒

## Tuesday

### Main Course

Cottage Pie ☐ ☒ ☒ ☒ 7 A D H

Parsnip Leek & Mix Cheese Pastry ☒ ☒ ☒ ☒ 2 H A

Mac N Cheese ☒ ☒ ☒ ☒ 2 7

### Sides

Mash Potato ☒ ☒ ☒ ☒

Green Beans ☒ ☒ ☒ ☒

Peas ☒ ☒ ☒ ☒

### Dessert

Fresh Fruit Salad ☐ ☒ ☒ ☒

Fruit Yogurt ☐ ☒ ☒ ☒

Apple Strudel ☐ ☒ ☒ ☒

## Wednesday

### Main Course

Roast Beef and Yorkshire Pudding ☒ ☒ ☒ ☒ D 2 4 7

Sundried Tomato & Mushroom Pasta ☒ ☒ ☒ ☒ 2 7

Cheese Omelette ☒ ☒ ☒ ☒ 4 7

### Sides

Roast Potatoes ☒ ☒ ☒ ☒

Glazed Carrots ☒ ☒ ☒ ☒

Hispi Cabbage ☒ ☒ ☒ ☒

### Dessert

Fresh Fruit Salad ☒ ☒ ☒ ☒

Fruit Yogurt ☒ ☒ ☒ ☒ 7

Mix Fruit Pie ☐ ☒ ☒ ☒ 2 4 7

## Thursday

### Main Course

Chicken and Ham Pie ☐ ☒ ☒ ☒ 2 7

Mozzarella Arancini ☒ ☒ ☒ ☒ 2 4 7

Baked Potato with Beans & Melting Cheese ☒ ☒ ☒ ☒ 7

### Sides

Herbed Potatoes ☒ ☒ ☒ ☒

Sweetcorn ☒ ☒ ☒ ☒

Cauliflower Cheese ☒ ☒ ☒ ☒

### Dessert

Fresh Fruit Salad ☒ ☒ ☒ ☒

Fruit Yogurt ☒ ☒ ☒ ☒ 7

Lemon Meringue Pie ☒ ☒ ☒ ☒ 2 4 7

## Friday

### Main Course

Creamy Fish Pie ☐ ☒ ☒ ☒ 5 7 H

Seafood & Seaweed Ragu ☐ ☒ ☒ ☒ 5

Tomato and Basil Pasta ☒ ☒ ☒ ☒ 2 A

### Sides

Oven Chips ☒ ☒ ☒ ☒

Peas ☒ ☒ ☒ ☒

Baked Beans ☒ ☒ ☒ ☒

### Dessert

Fresh Fruit Salad ☒ ☒ ☒ ☒

Fruit Yogurt ☒ ☒ ☒ ☒

Chocolate Tiffin ☐ ☒ ☒ ☒

**KEY:** V = Vegetarian VG = Vegan GF = Gluten Free DF = Dairy Free

**ALLERGENS** (using FSA codes): Celery<sup>1</sup>, Cereals (Gluten)<sup>2</sup>, Eggs<sup>4</sup>, Fish<sup>5</sup>, Milk<sup>7</sup>, Mustard<sup>9</sup>, Nuts<sup>10</sup>, Peanuts<sup>11</sup>, Sesame Seeds<sup>12</sup>, Soya<sup>13</sup>, Sulphites<sup>14</sup>

**INTOLERANCES:** Tomato Products<sup>4</sup>, Capiscum Products<sup>9</sup>, Soft Fruit Products<sup>5</sup>, Beef<sup>6</sup>, Aubergine<sup>5</sup>, Apple<sup>6</sup>, Oranges<sup>6</sup>, Onion<sup>4</sup>, Pork<sup>4</sup>

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.

Available every day: Jacket Potato, Salad Bar, Packed Lunch (must be pre-ordered), Fresh Fruit & Yoghurt