



# Weekly Lunch Menus

November 2022 – April 2023

For Allergens see numbers in brackets next to each dish and refer to Allergens table

- |                 |                 |                     |                    |
|-----------------|-----------------|---------------------|--------------------|
| 1 <b>GLUTEN</b> | 5 <b>MILK</b>   | 9 <b>CRUSTACEAN</b> | 13 <b>PEANUTS</b>  |
| 2 <b>NUTS</b>   | 6 <b>SOY</b>    | 10 <b>MUSTARD</b>   | 14 <b>SULPHITE</b> |
| 3 <b>EGG</b>    | 7 <b>FISH</b>   | 11 <b>MOLLUSCS</b>  |                    |
| 4 <b>SESAME</b> | 8 <b>CELERY</b> | 12 <b>LUPINS</b>    |                    |



Week Commencing: 31/10, 21/11, 12/12, 02/01, 23/01, 20/02, 13/03

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	Meatballs in Tomato Sauce (1,8) Pasta (1) Garlic Bread (1,5)	Beef Goulash <b>GF</b> (6)	Mince & Potato Pie (1)	Roast Chicken <b>GF</b> and Stuffing (1,5)	Breaded Fish (1,7) Fish Fingers (1,7)
<b>Choice 2</b>	Vegan Meatballs in Tomato Sauce (6) <b>GF</b>	Veg Lasagne (1,5,6,8)	Vegan Sausage Roll (1,6,14)	Quorn Fillets (3)	Omelette (3,5) <b>GF</b>
<b>Choice 3</b>	Cooked Pasta (choice of the day) will be available (1,5)				
<b>Choice 4</b>	Freshly prepared assorted filled Rolls, Wraps or Sandwiches (1,3,5,6,7)				
<b>Veg Choice &amp; Potatoes</b>	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables Mashed Potatoes	Jacket Potato Seasonal Vegetables Mashed Potatoes	Jacket Potato Seasonal Vegetables Roast Potatoes	Jacket Potato Seasonal Vegetables Chips
<b>Salad bar</b>	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, Tuna and Cheeses, etc.				
<b>Dessert Choice</b>	Macaroon Tray Bake (1,3,14)	Jammy Jack Flapjack (1,3,5,14) Custard (5)	Banana Split (5) <b>GF</b>	Carrot Cake Muffins (1,3,5,6)	Homemade Bake Day (1,3,5,14)
	Jelly, Yoghurts (5) and Fruit are also available.				

Daily options of filled jacket potato (3,5,7). Daily fresh bread (1,3,5). Fresh water or milk to drink (5).  
Gluten free puddings available on request daily.



Week Commencing 07/11, 28/11, 09/01, 30/01, 27/02, 20/03

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	Bolognese <b>GF</b> Pasta (1) Garlic Bread (3,5)	Winter Chicken Vegetable Casserole <b>GF</b> Herby Scone (1,5)	Cheese Burger (1,5,6,8)	Sausage (1) and Yorkshire Pudding (1,3,5)	Chicken Nuggets (1,5) Fish Fingers (1,7)
<b>Choice 2</b>	Vegan Bolognese (6) <b>GF</b>	Cheese & Tomato Omelette (3,5) <b>GF</b>	Quorn Southern Style Burgers (1,3,5)	Vegan Sausages (6) <b>GF</b>	Vegan Nuggets <b>GF</b>
<b>Choice 3</b>	Cooked Pasta (choice of the day) will be available (1,5)				
<b>Choice 4</b>	Freshly prepared assorted filled Rolls, Wraps or Sandwiches (1,3,5,6,7)				
<b>Veg Choice &amp;</b>	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables Mashed Potatoes	Jacket Potato Seasonal Vegetables Diced Herby Potatoes	Jacket Potato Seasonal Vegetables Mashed Potatoes	Jacket Potato Seasonal Vegetables Chips
<b>Salad Bar</b>	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, Tuna and Cheeses, etc.				
<b>Dessert Choice</b>	Chocolate Sponge (1,3,5) Chocolate Sauce (5)	Rice Pudding With Raspberry Coulis (1,5,6)	Chocolate Cranberry Crunch (1,3) Chocolate Sauce (5)	Chocolate Cupcake (1,3,5)	Homemade Bake Day (1,3,5,14)
	Jelly, Yoghurts (5) and Fruit are also available				



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- 1 **GLUTEN**  
 2 **NUTS**  
 3 **EGG**  
 4 **SESAME**  
 5 **MILK**  
 6 **SOY**  
 7 **FISH**  
 8 **CELERY**  
 9 **CRUSTACEAN**  
 10 **MUSTARD**  
 11 **MOLLUSCS**  
 12 **LUPINS**  
 13 **PEANUTS**  
 14 **SULPHITE**

Week Commencing: 14/11, 05/12, 16/01, 06/02, 06/03, 27/03

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	Ultimate Fish Pie (1,3,5,7)	Chicken Curry (1,10) Rice 50/50 (1)	All Day Breakfast (1,3,5,6,14)	Braised Chicken in Gravy <b>GF</b>	Breaded Fish (1,7) Fish Fingers (1,7)
<b>Choice 2</b>	Pizza of the day (1,5)	Vegetable Curry (1,10) Rice 50/50 (1)	Vegan All Day Breakfast (1,6)	Cheese Pasta Bake (1,5) Garlic Bread (1,5)	Vegan Sausages (6)
<b>Choice 3</b>	Cooked Pasta (choice of the day) will be available (1,5)				
<b>Choice 4</b>	Freshly prepared assorted filled Rolls, Wraps or Sandwiches (1,3,5,6,7)				
<b>Veg Choice &amp; Potatoes</b>	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables Salad	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables Roast Potatoes	Jacket Potato Seasonal Vegetables Chips
<b>Salad Bar</b>	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, Tuna and Cheeses, etc.				
<b>Dessert Choice</b>	Chocolate Orange Sponge (1,3,5) Chocolate Sauce (5)	Cornflake Cookies (1,6)	Raspberry Delight Rolls with Raspberries (1,3,5,6)	Butterscotch Mousse with Banana (5)	Homemade Bake Day (1,3,5,14)
	Jelly, Yoghurts (5) and Fruit are also available.				



Daily options of filled jacket potato (3,5,7). Daily fresh bread (1,3,5). Fresh water or milk to drink (5).  
Gluten free puddings available on request daily.