



Weekly Lunch Menus

April 2022 - October 2022

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

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



Week Commencing: 25/04, 16/05, 6/06, 27/06, 5/09, 26/09, 17/10

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Bolognese GF Pasta (1) Garlic Bread (1,5)	Chicken Curry (5) GF Rice 50/50 (1)	Beef Lasagne (1,5) Garlic Bread (1,5)	Roast Chicken GF Yorkshire Pudding (1,3,5)	Chicken Nuggets (1,3,5,8,10) Fish Fingers (1,7)
Choice 2	Omelettes (3,5) GF	Vegetable Curry(5) GF Rice 50/50 (1)	Cheese Pasta Bake (1,5) Garlic Bread (1,5)	Quorn Fillets (3) G.F	Vegan Dippers (1)
Choice 3	Cooked Pasta (choice of the day) will be available (1,5)				
Choice 4	Freshly prepared assorted filled Rolls, Wraps or Sandwiches (1,3,5,6,7)				
Veg Choice & Potatoes	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables Salad	Jacket Potato Seasonal Vegetables Roast Potatoes	Jacket Potato Seasonal Vegetables Chips
Salad bar	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, Tuna and Cheeses, etc.				
Dessert Choice	Iced Sponge (1,3,5,6,14) Custard (5)	Carrot Cake Muffins (1,3,5,6)	Chocolate Oat Delight (1,5) Custard (5)	Flavoured Whip (5) G.F	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 02/05, 23/05, 13/06 , 04/07, 12/09, 03/10

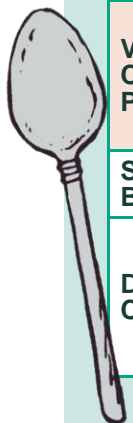
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Chicken & Vegetable Pie (1,5)	Pizza of the day (1,5)	Chicken Burger (1,5,8)	Sausage (1,14) Yorkshire Pudding (1,3,5)	Battered Fish (1,5,7,10) Fish Fingers (1,7)
Choice 2	Vegan Bolognese (6) GF	Pizza of the day (1,5)	Cheese Quiche (1,3,5)	Vegan Sausages (6) GF	Cheese Toastie (1,5,6)
Choice 3	Cooked Pasta (choice of the day) will be available (1,5)				
Choice 4	Freshly prepared assorted filled Rolls, Wraps or Sandwiches (1,3,5,6,7)				
Veg Choice &	Jacket Potato Seasonal Vegetables Boiled Potato	Jacket Potato Seasonal Vegetables Potato Wedges	Jacket Potato Seasonal Vegetables Diced Herby Potatoes	Jacket Potato Seasonal Vegetables Mashed Potato	Jacket Potato Seasonal Vegetables Chips
Salad Bar	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, Tuna and Cheeses, etc.				
Dessert Choice	Chocolate Cranberry Crunch (1,3) Chocolate Sauce (5)	Cookies (1,3,6,14)	Chocolate Pear Crumble (1,14) Custard (5)	Fruit Muffin (1,3,5,6,14)	Homemade Bake Day (1,3,5,14)
	Jelly, Yoghurts (5) and Fruit are also available				

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Week Commencing: 09/05, 20/06, 11/07, 19/09, 10/10

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Chicken Carbonara (1,5)	Beef Burritos (1,5)	All Day Breakfast (1,3,5,6,14)	Roast Chicken GF Stuffing Balls (1,5,8,14)	Chicken Nuggets (1,3,5,8,10) Fish Fingers (1,7)
Choice 2	Vegan Meatballs in Tomato Sauce (6) GF	Vegetable Chilli Wraps (1)	Vegan All Day Breakfast (1,6)	Vegetable Pie (1,6)	Vegan Dippers (1)
Choice 3	Cooked Pasta (choice of the day) will be available (1,5)				
Choice 4	Freshly prepared assorted filled Rolls, Wraps or Sandwiches (1,3,5,6,7)				
Veg Choice & Potatoes	Jacket Potato Seasonal Vegetables Pasta	Jacket Potato Seasonal Vegetables Salad	Jacket Potato Seasonal Vegetables	Jacket Potato Seasonal Vegetables Roast Potatoes	Jacket Potato Seasonal Vegetables Chips
Salad Bar	Cucumber, Tomato, Peppers, Lettuce, Coleslaw, Tuna and Cheeses, etc.				
Dessert Choice	Banana Flapjack (1,14) Custard (5)	Chocolate Cookies (1,3,6,14)	Fairy Cakes (1,5)	Ice-Cream (5) G.F	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.