



Weekly Lunch Menus

November 2023 - March 2024

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: 06/11, 27/11, 18/12, 22/01, 19/02, 11/03

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Bolognese G.F	Lasagne (1,5)	Chicken Tikka G.F (5)	Roast Chicken G.F & Stuffing (1,5)	Sausage (1) Fish Fingers (1,7)
Choice 2	Vegan Bolognese G.F (6)	Cheese & Tomato Pizza (1,5)	Omelettes G.F (3,5)	Quorn Fillet (1)	Vegan Dippers (1)
Choice 3	Cooked Pasta (cooks choice of the day) will be available (1,5)				
Choice 4	Freshly prepared assorted filled Sandwiches/Rolls/Wraps (1,3,5,6,7)				
Choice 5	Jacket Potato served with choice of fillings Baked Beans, Grated Cheese (5) or Tuna Mayonnaise (3,7)				
Vegetable, Bread & Potato Choices	Pasta (1) Petit Pan Bread (1) Seasonal Vegetables	Potato Wedges Seasonal Vegetables Garlic Bread (1)	Diced Potatoes (1) 50/50 Fluffy Rice Seasonal Vegetables Garlic & Corriander Naan (1)	Choice of Potato (5) Seasonal Vegetables	Chips Seasonal Vegetables
Salad bar	Cucumber, Tomatoes, Pepper, Lettuce, Beetroot, Coleslaw, Cheese etc.				
Dessert Choice	Banana Flapjack (1) Custard (5)	Chocolate Cookies (1,3)	Chocolate Orange Brownie (1,3,5,6) Chocolate Custard (5)	Chocolate Hedgehog (1,5)	Cooks Surprise (1,3,5,14)
	Jelly, Fresh Fruit or Yoghurts (5) are also available.				

Daily fresh bread (1). Fresh Water, Juice or Milk (5). Gluten free pudding available on request.



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Week Commencing: 13/11, 04/12, 08/01, 29/01, 26/02, 18/03

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Mince & Potato Pie (1)	All Day Breakfast Bacon, Sausage (1,14) Omelette (3,5)	Meatballs in Tomato & Basil Sauce (1)	Roast of the day G.F Yorkshire Pudding (1,3,5)	Breaded Fish (1,7) Salmon Cakes (1,7)
Choice 2	Vegan Sausage Roll (1,6,14)	Vegan Breakfast (1,6)	Creamy Cheese Pasta (1,5,8)	Cheese & Tomato Panini (1,5)	Quorn Burger (1,3,5)
Choice 3	Cooked Pasta (cooks choice of the day) will be available (1,5)				
Choice 4	Freshly prepared assorted filled Sandwiches/Rolls/Wraps (1,3,5,6,7)				
Choice 5	Jacket Potato served with choice of fillings Baked Beans /Grated Cheese (5) Tuna Mayonnaise (3,7)				
Vegetable, Bread & Potato Choices	Mashed Potato (5) Seasonal Vegetables	Potato Pancake Baked Beans Chopped Tomatoes Seasonal Vegetables	Pasta (1) Garlic Bread (1) Seasonal Vegetables	Roast Potatoes Mashed Potato (5) Seasonal Vegetables	Chips Seasonal Vegetables Baked Beans
Salad Bar	Cucumber, Tomatoes, Pepper, Lettuce, Beetroot, Coleslaw, Cheese etc.				
Dessert Choice	Blueberry Muffins (1,3,5)	Carrot Cake (1,3,5,6)	Iced Sponge (1,5) with Custard (5)	Crispy Cakes (5,14)	Cooks Surprise (1,3,5,14)
	Jelly, Fresh Fruit or Yoghurts (5) are also available.				

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Week Commencing: 20/11, 11/12, 15/01, 05/02, 04/03

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	BBQ Burger Bite Sub (1,5)	Beef Chilli Nacho Bake (1,5,8)	Chicken Curry G.F	Roast Chicken G.F Yorkshire Pudding (1,3,5)	Southern Fried Chicken (1,5,6,8) Fish Fingers (1,7)
Choice 2	Tomato & Basil Pasta (1)	Pizza of the Day (1,5)	Sweet and Sour Noodles (1,6)	Vegan Sausages (1,6,14)	Vegetable Curry
Choice 3	Cooked Pasta (cooks choice of the day) will be available (1,5)				
Choice 4	Freshly prepared assorted filled Sandwiches/Rolls/Wraps (1,3,5,6,7)				
Choice 5	Jacket Potato served with choice of fillings Baked Beans, Grated Cheese (5) or Tuna Mayonnaise (3,7)				
Vegetable, Bread & Potato Choices	Diced Potatoes (1) Seasonal Vegetables	Potato Wedges Seasonal Vegetables	50/50 Fluffy Rice (1) Naan Bread (1) Seasonal Vegetables	Roast Potato Mashed Potato (5) Seasonal Vegetables	Chips Seasonal Vegetables Baked Beans
Salad Bar	Cucumber, Tomatoes, Pepper, Lettuce, Beetroot, Coleslaw, Cheese etc.				
Dessert Choice	Sticky Toffee Pudding (1,3) Custard (5)	Oreo Brownie (1,3,5,6)	Chocolate Sponge (1,5) Custard (5)	Chocolate Chip Shortbread (1,5,6)	Cooks Surprise (1,3,5,14)
	Jelly, Fresh Fruit or Yoghurts (5) are also available.				

Daily fresh bread (1). Fresh Water, Juice or Milk (5).
Gluten free pudding available on request.

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