



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 (1,5,10) 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) GF | 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) GF | Homemade Bake Day (1,3,5,14) |
| | Jelly, Yoghurts (5) and Fruit are also available. | | | | |

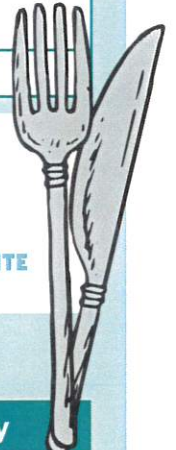
Daily options of filled jacket potato (3,5,7). Daily fresh bread (1,3,5). Fresh water or milk to drink (5).
Gluten free puddings available on request daily.



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) GF | Homemade Bake Day (1,3,5,14) |
| | Jelly, Yoghurts (5) and Fruit are also available. | | | | |

