

# LUNCH MENU

WEEK 1

The FUTURE of  
**FOOD**

Autumn Menu

## MONDAY

### Meat Free (V)

Jacket Potato with a choice of Baked Beans  
Cheddar Cheese Tuna Coleslaw  
(milk)(fish)  
Green beans

### Pudding

Fresh Fruit Salad

## TUESDAY

### Main

Beef goulash  
**Meat Free(V)**  
Veggie stew  
Fluffy rice

### Pudding

Banana Cake  
(milk) (gluten) (egg)

## WEDNESDAY

### Main

Chicken pie  
(gluten)(milk)

### Meat Free (V)

Veggie pie  
(gluten)  
Sliced potato

### Pudding

Pancakes with maple syrup  
(milk) (gluten)(egg)

## THURSDAY

### Main

Spaghetti Bolognese  
(Gluten)

### Meat free (V)

Vegetable Ratatouille  
Potatoes & broccoli

### Pudding

New York Cheesecake  
(Milk)(egg)(gluten)

## FRIDAY

### Main

Chicken Nuggets  
(gluten)

### Meat Free(V)

Veg Nuggets  
(Gluten)  
Chunky Chips & Garden Peas

### Pudding

Fruity Flapjack  
(Milk)

## EVERYDAY

Salad bar

Daily Proteins

Fruit

Sandwiches

Pasta

Eggs

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

**\*MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE\***

# LUNCH MENU

WEEK 2

The FUTURE of  
**FOOD**

Autumn Menu

## MONDAY

### Main

Penne pasta w/tom sauce  
Tiger prawns  
(gluten)(fish)

### Meat Free(V)

Ratatouille  
Chunky Chips & Garden Peas

### Pudding

Fruity Flapjack  
(milk)

## TUESDAY

### Main

BBQ Chicken  
**Meat free (V)**  
Aubergine parmigiana  
(milk)  
Broccoli & Fluffy rice

### Pudding

Lemon drizzle cake  
(milk) (gluten) (egg)

## WEDNESDAY

### Main

Linguine Bolognese  
(gluten)

### Meat Free (V)

Linguine with Mushroom & Cream sauce  
(Gluten)(milk)  
Mange Tout

### Pudding

Banoffee Pie  
(milk) (gluten) (egg)

## THURSDAY

### Main

Lasagne  
(milk)(gluten)

### Meat Free(V)

Vegetable Lasagne  
(milk)(gluten)  
Batton carrot & Garlic Bread  
(milk)(gluten)

### Pudding

Pear and cinnamon cake  
(milk) (gluten) (eggs)

## FRIDAY

### Meat Free (V)

Homemade Pepper & Olive Pizza  
(gluten)(milk)  
Margherita pizza  
(gluten)(milk)  
Green beans & Mixed salad

### Pudding

Fresh Fruit Salad

## EVERYDAY

Salad bar

Daily Proteins

Fruit

Sandwiches

Pasta

Eggs

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

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# LUNCH MENU

WEEK 3

The FUTURE of  
**FOOD**

Autumn Menu

## MONDAY

### Meat Free (V)

Macaroni Cheese  
(gluten)(Cheese)

Macaroni with tomato and basil sauce

Garlic Bread & Sweetcorn  
(milk)(gluten)

### Pudding

Fresh Fruit Salad

## TUESDAY

### Main

Roast Turkey

### Meat Free (V)

Baked sweet potato

Roast Potato, mixed veg

### Pudding

Chocolate Brownie  
(milk) (gluten) (egg)

## WEDNESDAY

### Main

Beef stroganoff  
(milk)

### Meat Free(V)

Vegetable stroganoff  
(milk)

Roast Potatoes & Fluffy rice

### Pudding

Honey and cinnamon cake  
(milk) (gluten) (egg)

## THURSDAY

### Main

Baked lemon and thyme chicken  
(gluten)

### Meat Free(V)

Lentil stew  
Pasta

### Pudding

Fruity Flapjack  
(milk)

## FRIDAY

### Main

Sausages

### Meat free (V)

veggie Sausages  
Salty Potatoes  
Broccoli

### Pudding

Apple Crumble with Custard  
(milk) (Gluten)

## EVERYDAY

Salad bar

Daily Proteins

Fruit

Sandwiches

Pasta

Eggs

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard

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