

LUNCH MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Roast Chicken	Roast Loin of Pork with Stuffing   		Roast Turkey and Stuffing   	Fish   
OPTION 2	BBQ Glazed Pork Sausage  	Chilli and Rice Nachos	<u>All Day Breakfast</u> Bacon Sausage (Gluten Free), Omelette, Hash Brown, Beans and Tomatoes    	Spaghetti Bolognese  	Chicken Korma With Rice 
OPTION 3 (VEGETARIAN)	Vegetable Stir Fry and Noodles  	Pasta in Tomato and Pesto Sauce 	<u>Veggie Breakfast</u> As above but with Veggie Sausage and No Bacon    	Cheese and Onion Pastie   	Cheese Quiche    
SIDES	Seasonal Vegetables Roast Potatoes	Seasonal Vegetables Roast Potatoes		Seasonal Vegetables Roast Potatoes	Beans Mushy Peas Chips

ALLERGENS



CELERY / CELERIAC



EGGS



MILK



NUTS



SOYA



CRUSTACEANS



MUSTARD



CEREALS CONT. GLUTEN



FISH



MOLLUSCS



PEANUTS



SULPHITES



LUPINS



SESAME SEEDS

For more information, visit: [food.gov.uk/allergy](https://www.food.gov.uk/allergy) or [nhs.uk/conditions/allergies](https://www.nhs.uk/conditions/allergies)

LUNCH MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Steak Bake 	Roast Turkey & Stuffing 	Panko Chicken Burger, Cheese, Salad and Chips 	Roast Beef and Yorkshire Pudding 	Fish 
OPTION 2	Hunters Chicken	Mince Chilli Burrito 	Beef Quarter Pounder, Cheese, Salad and Chips 	Chicken Fajita 	Peanut Free Chicken Satay
OPTION 3 (VEGETARIAN)	Cheese Pasta with Garlic Bread 	Vegetable Burrito 	Vegetable Quarter Pounder 	Pizza Stuffed Jacket Potato 	Vegetable Quiche 
SIDES	Seasonal Vegetables Roast Potatoes	Seasonal Vegetables Roast Potatoes	Beans Chips	Seasonal Vegetables Roast Potatoes	Beans Mushy Peas Chips

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LUNCH MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	BBQ Chicken	Roast Gammon & Yorkshire Pudding 	Meat Balls in Tomato Sauce 	Giant Yorkshire Pudding with Sausages 	Fish 
OPTION 2	Steak Bake 	Cottage Pie 	Chicken Korma and Rice 	Lasagne and Garlic Bread 	Chicken Gyros 
OPTION 3 (VEGETARIAN)	Three Cheese and Spinach Wrap 	Quorn Bolognaise and Spaghetti 	Pizza and Chips 	Meat-free Meat Balls in Tomato Sauce	Cheese and Broccoli Quiche 
SIDES	Seasonal Vegetables Roast Potatoes	Seasonal Vegetables Roast Potatoes	Beans Chips	Seasonal Vegetables Roast Potatoes	Beans Mushy Peas Chips

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CELERY / CELERIAC



EGGS



MILK



NUTS



SOYA



CRUSTACEANS



MUSTARD



CEREALS
CONT. GLUTEN



FISH



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